100+ RECIPES: UK'S BEST-VALUE FOOD MAG

easycook

JUNE 2025

FROM goodFOO

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JUNE'S VIBRANT, FRESH FLAVOURS

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WARM WEATHER
SUNDAY ROASTS

15-MINUTE
INDIAN FEASTS

- SEASONAL STRAWBERRY PUDS
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Welcome!

Your perfect summer starts here, right now, in the pages of your favourite magazine. In this issue, we've got recipes from TV's big hitters: John Torode and James Martin. Turn to page 74 for John's showstopping jambalaya, and on page 70, James showcases his magnificent slow-roast pork with apples & peppers – a summery alternative to your usual Sunday lunch. If you've got a crowd to feed, this is the way to do it! Elsewhere, we've got all your sunshine essentials covered, including a gorgeous quiche lorraine frittata, sticky ribs and delicious barbecue chicken burgers. It's feeling hot, hot, hot!

Keith Kendrick

Editor

IN THIS ISSUE

✷**Anjula Devi** shares an Indian menu made up of dishes that can be prepared in 15 minutes or less (p64).

✷**James Martin** makes low-prep roasts to serve on sunny Sundays (p70).

✷**John Torode** shares his take on a one-pot jambalaya (p74).

Cornbread muffins

- Makes 12 ■ Prep 25 mins ■ Cook 40 mins VEGETARIAN

85g melted butter, plus extra for frying
1 large corn cob, kernels sliced off
1 small onion, finely chopped
½ red chilli, deseeded and finely chopped
140g plain flour
140g polenta or cornmeal
2 tsp baking powder
50g strong cheddar, grated
2 eggs
284ml buttermilk
100ml milk

1 Heat the oven to 200C/180C fan/gas 6 and brush a 12-hole muffin tin with a little of the butter. Fry the sweetcorn in a pan with the onion, chilli and a knob of butter for 5-10 mins until golden and soft.

2 Mix the flour, polenta, baking powder, cheese and 1 tsp salt together in a large bowl. Whisk the eggs, buttermilk and milk together, then stir the wet ingredients into the dry along with the remaining melted butter and the corn mixture. Spoon into the tin and bake for 25-30 mins, or until golden brown and a skewer inserted into the middles comes out clean. Serve warm.

PER MUFFIN 189 kcals, fat 9g, saturates 5g, carbs 22g, sugars 3g, fibre 1g, protein 6g, salt 0.4g

From goodFOOD

Most of our recipes have previously appeared in our sister title, Good Food, and have been developed in the Test Kitchen, so you can trust that they work every time.

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OUR PROMISE TO YOU

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We try to keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time, many of our recipes use ingredients you might already have in your kitchen.

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To give feedback about our magazines, visit *goodfood.com*, email *goodfoodmagazine@immediate.co.uk* or write to Christine Hayes, Editor-in-Chief, Immediate Media, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT

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JUNE 2025

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JUNE'S VIBRANT, FRESH FLAVOURS
Value meals from £1.38 per serving
16 COST-SAVING DINNERS
WARM WEATHER SUNDAY ROASTS
15-MINUTE INDIAN FEASTS

Salsa verde salmon with smashed chickpea salad, p41

FINGER-LICKIN' FEAST

Storecupboard staples are the base for these veggie tacos made with canned black beans. Top with fresh guacamole and salsa to serve

Spicy black bean tacos

- Serves 4
- Prep 15 mins
- Cook 10 mins

VEGETARIAN

1 tbsp vegetable oil
3 garlic cloves, chopped
3 x 400g cans black beans, drained and rinsed
3 tbsp cider vinegar
1½ tbsp honey
1½ tbsp smoked paprika
1½ tbsp ground cumin
FOR THE GUACAMOLE
1 small garlic clove
2 tbsp roughly chopped coriander
1 green chilli, sliced
2 avocados, peeled, halved and stoned
1 lime, juiced
FOR THE SALSA
110g pomegranate seeds
1 green chilli, finely diced
1 small white onion, finely diced
small handful of coriander, chopped
TO SERVE
8-12 corn or flour tortillas
chipotle or other hot sauce
soured cream or coconut yogurt

1 Heat the oil in a large frying pan and cook the garlic until golden. Add the beans. Pour in the vinegar, honey and spices, along with 1 tsp salt, or to taste. Cook until warmed through, crushing the beans gently using the back of a wooden spoon, then set aside.

2 To make the guacamole, crush the garlic, coriander and chilli into a rough paste using a pestle and mortar. Scoop in the avocado and a little salt, and crush roughly – you want the mixture to be chunky, not smooth. Add the lime juice. Set aside.

3 Mix the salsa ingredients together in a small bowl. Heat a griddle pan or steamer and quickly griddle the tortillas, or steam a stack of them, to warm up. Reheat the bean mixture.

4 To serve, put 1-2 heaped tbsp of beans on a tortilla. Top with the guacamole, salsa, hot sauce and soured cream or yogurt, if you like.

PER SERVING 640 kcals, fat 24g, saturates 5g, carbs 74g, sugars 12g, fibre 18g, protein 21g, salt 2.7g

Use pantry staple canned beans

Super savers

From family-friendly suppers to easy, no-cook dinners, our midweek meals are ideal for busy evenings and don't cost the earth

£2.11 per serving

16 budget-friendly options

Piri-piri chicken pilaf

■ Serves 4 ■ Prep 20 mins
■ Cook 40 mins

1 tbsp olive oil
6 chicken thighs, skinless and boneless, cut into large chunks
2 tbsp piri-piri seasoning
1 onion, finely chopped
2 garlic cloves, crushed
350g basmati rice
500ml hot chicken stock
3 peppers (any colour), sliced into strips
3 large tomatoes, deseeded and roughly chopped
small bunch of parsley, roughly chopped
2 red chillies, sliced (optional)
½ lemon, cut into wedges, to serve

1 Heat the oil in a large pan over a medium heat. Rub the chicken with 1 tbsp piri-piri seasoning and brown for 1 min each side until golden. Transfer to a plate and set aside.
2 Tip the onion into the pan and cook over a gentle heat for 8-10 mins until soft. Add the garlic and remaining piri-piri seasoning, and stir well. Tip in the rice and stir to coat.
3 Add the stock and return the chicken to the pan. Tip in the peppers and cover with a lid, then simmer for 25 mins until cooked. About 5 mins before the end of cooking, add the tomatoes.
4 Stir through the parsley, scatter over the chillies, if you like, and serve with lemon wedges for squeezing over.

PER SERVING 549 kcals, fat 10g, saturates 2g, carbs 81g, sugars 10g, fibre 7g, protein 20g, salt 3.4g

£1.54 per serving

Mozzarella & salami ciabatta

■ Serves 2 ■ Prep 5 mins ■ No cook

1 small ciabatta, split
1 small fennel bulb, trimmed and thinly sliced
1 tbsp extra virgin olive oil
handful of rocket
1 garlic clove, halved
½ x 125g ball mozzarella (save the rest for another recipe), drained
8 slices salami
lemon wedges, to serve

1 Cut the bread into four pieces and toast. Toss the fennel with 2 tsp olive oil, the rocket and some seasoning. Rub the remaining oil on the cut sides of the bread, then rub with the garlic.
2 Tear the mozzarella and scatter over the bread with the salami. Pile on the salad. Serve with lemon wedges.

PER SERVING 519 kcals, fat 28g, saturates 10g, carbs 47g, sugars 4g, fibre 4g, protein 23g, salt 2.9g

£2.37
per serving

Quick caesar salad with roast chicken & bacon

■ Serves 4 ■ Prep 5 mins
■ Cook 20 mins

4 skin-on chicken breasts
8 slices streaky bacon
1 garlic clove, crushed
½ lemon, juiced
3 tbsp natural yogurt
3 tbsp olive oil
50g parmesan, plus extra to serve
Worcestershire sauce (optional)
2 small romaine lettuces

1 Heat the oven to 200C/180C fan/gas 6. Season the chicken and put in a roasting tin. Drape the bacon slices over the chicken and roast for 15-20 mins until the bacon has turned crisp and the chicken is just cooked through.

2 Combine the garlic, lemon juice, yogurt, oil and cheese, adding a dash of Worcestershire sauce, if you like. Discard the outer leaves of the lettuce and tear the rest over a platter, mixing gently with the dressing. Serve with the chicken and crisp bacon, shaving over some extra parmesan.

PER SERVING 480 kcals, fat 29g, saturates 10g, carbs 2g, sugars 2g, fibre none, protein 53g, salt 1.6g

No need to cook

Chicken & olive caesar salad

Pull the meat off **1 roasted chicken** and tear into chunks. Toss with the dressing and lettuce from the recipe above, plus **2 toasted wholemeal pittas**, torn, a **handful of green olives**, pitted, and **2 roasted red peppers** from a jar, cut into chunks. Serves 4.

Chicken & salsa bean salad

Cook the chicken and bacon as in the recipe, left, and boil **400g French beans** until tender. Make a dressing by blitzing together **1 garlic clove**, **7 sundried tomatoes**, **2 roasted peppers** from a jar, **1 tbsp sherry vinegar** and **2 tbsp olive oil**. Season and stir into the beans with **2 x 400g cans chickpeas**, drained. Serve piled onto the lettuce from the recipe and topped with the chicken and bacon. Serves 4.

Pesto-crusted cod with lentils

- Serves 2
- Prep 15 mins
- Cook 10 mins

large bunch of basil, leaves picked
4 garlic cloves, 2 whole, 2 crushed
25g pine nuts
1 lemon, juiced
50ml olive oil
2 cod fillets
2 red chillies, finely chopped
2 large tomatoes, roughly chopped
250g ready-to-eat puy lentils

1 Pulse the basil, whole garlic cloves, pine nuts, half the lemon juice and some seasoning together in a food processor. Gradually add most of the oil. Season to taste.

2 Heat the oven to 180C/160C fan/gas 4 and line a roasting tin with foil. Season the fish on both sides and coat each fillet in the pesto. Cook for 8-10 mins until a crust has formed and the fish is cooked through.

3 Meanwhile, heat the remaining oil in a small saucepan over a low heat and cook the crushed garlic and chillies for a couple of minutes to release their flavours. Add the tomatoes and cook for 1 min more. Tip in the lentils, then mix in the remaining lemon juice and season. Cook until piping hot and serve with the pesto-crusted fish.

PER SERVING 672 kcals, fat 37g, saturates 5g, carbs 34g, sugars 7g, fibre 11g, protein 45g, salt 1.6g

£6.43
per serving

This light and healthy fish supper can be prepared in under half an hour, making it a great choice when you're short of time. Use just one chilli if you want to reduce the heat.

Tuna & sundried tomato pasta bake

- Serves 6
- Prep 10 mins
- Cook 15 mins

500g dried rigatoni
2 x 400g cans chopped tomatoes
4 thyme sprigs, leaves picked
300ml double cream
280g jar sundried tomatoes, drained and quartered
198g can no-added-salt sweetcorn, drained
3 x 120g cans tuna in spring water, drained
100g cheddar, grated
50g parmesan, grated

1 Heat the grill to its highest setting and bring a large saucepan of salted water to the boil. Boil the pasta for 1 min less than pack instructions.
2 Meanwhile, make the sauce by simmering the tomatoes in a separate pan with a little seasoning and the thyme for 5 mins. Pour in the cream, stir and simmer for another 4-5 mins.
3 Drain the pasta, reserving a little of the cooking water, then tip back into the saucepan. Pour over the tomato sauce, the sundried tomatoes, sweetcorn and tuna. Layer into a baking dish (ours was 22 x 29cm), scattering over the grated cheddar between layers. Sprinkle over the parmesan and grill for 5 mins until the topping is bubbling and golden.

PER SERVING 813 kcals, fat 38g, saturates 22g, carbs 78g, sugars 17g, fibre 9g, protein 33g, salt 1.0g

£1.85 per serving

Roasted beetroot & goat's cheese salad

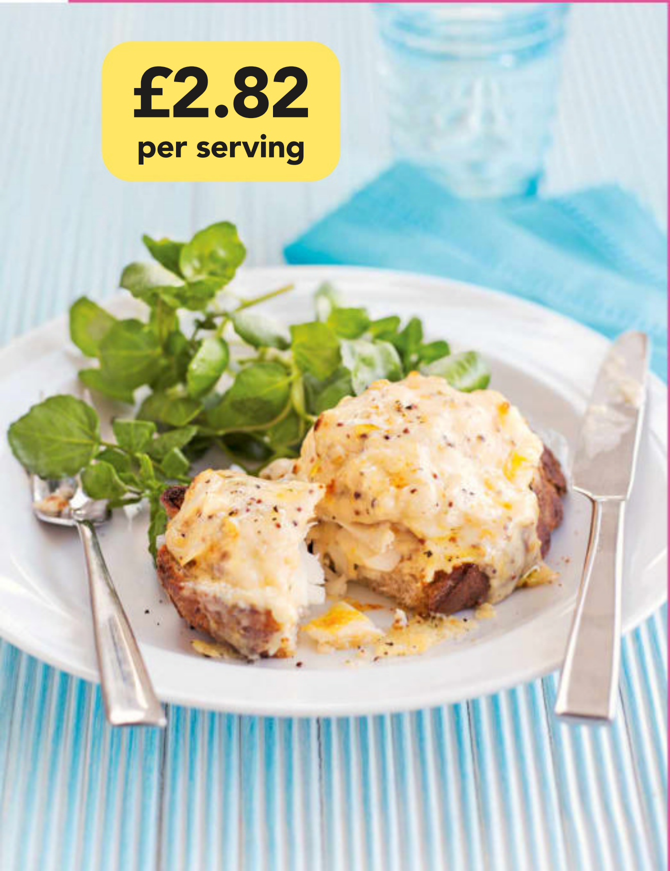
■ Serves 2 ■ Prep 15 mins ■ Cook 20 mins **VEGETARIAN**

250g cooked beetroot, cut into wedges
4 tbsp olive oil
3 tbsp balsamic vinegar
200g green beans, trimmed
145g mixed leaves
½ cucumber, peeled into ribbons
100g goat's cheese round, halved horizontally
50g walnuts, roughly chopped

1 Heat the oven to 200C/180C fan/gas 6 and put the beetroot in a roasting tin with 1 tbsp oil, 1 tbsp vinegar and plenty of seasoning. Roast for 8-10 mins until sticky. Meanwhile, bring a pan of salted water to the boil, tip in the green beans, cook for 1 min, then drain. Toss with the beetroot and roast for a further 5 mins.
2 Meanwhile, make the dressing by combining the remaining oil and vinegar in a small bowl, and season well. Tip the mixed leaves and cucumber into a bowl, and toss with a little of the dressing.
3 Dip both cheese halves in the chopped walnuts so the tops are covered, then put in the roasting tin with the beetroot and green beans for a few minutes to soften and toast the nuts.
4 Pile the salad onto plates and serve with the remaining dressing drizzled on top.

PER SERVING 672 kcals, fat 53g, saturates 14g, carbs 22g, sugars 20g, fibre 10g, protein 21g, salt 1.1g

£3.15
per serving



£2.82
per serving

Smoked haddock rarebit

■ Serves 2 ■ Prep 15 mins
■ Cook 15 mins

300g smoked haddock
100ml whole milk
25g butter
25g flour
75ml ale or beer
1 tsp wholegrain mustard
50g strong cheddar
2 chunky slices country-style loaf, lightly toasted

1 Put the fish in a pan and pour over the milk. Bring to a simmer and gently poach for 2 mins until opaque and just cooked. Lift out the fish, remove the skin and flake. Reserve the milk.
2 Heat the grill to high. Melt the butter in a small pan, then stir in the flour for 1 min. Gradually whisk in the reserved milk, followed by the ale or beer. Cook, whisking continuously until the sauce is thickened and smooth. Stir in the mustard along with most of the cheese, and season with pepper.
3 Top the bread with the fish, spoon over the sauce and scatter over the remaining cheese. Grill until golden and bubbling.

PER SERVING 317 kcals, fat 12g, saturates 7g, carbs 32g, sugars 2g, fibre 2g, protein 22g, salt 2.3g

On the side

These rarebits are delicious with a herby green salad: mix a large handful of watercress with a squeeze of lemon juice and some snipped soft herbs. Parsley, chives, dill or chervil all work well.

Lamb & apricot meatballs

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins **FREEZABLE**

- **2 tbsp olive oil**
- **2 red onions, finely chopped**
- **4 garlic cloves, crushed**
- **2 tsp each ground cumin and coriander (or 4 tsp Moroccan spice blend)**
- **400g can chopped tomatoes**
- **½ tsp sugar**
- **10g mint, finely chopped**
- **500g lean lamb mince**
- **8 dried apricots, finely chopped**
- **50g fresh breadcrumbs**
- **pittas and salad, to serve**

1 Heat 2 tsp oil in a pan and cook the onions for 5 mins until softened. Add the garlic and spices and cook for a few minutes more. Spoon half the onion mixture into a bowl and set aside to cool. Add the tomatoes, sugar and seasoning to the remaining onions in the pan, and simmer for about 10 mins until reduced.

2 Meanwhile, tip the mint, lamb, apricots and breadcrumbs into the bowl of cooled onions, season and mix well with your hands. Shape the mixture into small meatballs.

3 Heat the rest of the oil in a non-stick pan and fry the meatballs until golden (you may need to do this in batches). Stir in the tomato and onion sauce with a splash of water and gently cook for a few minutes until the meatballs are cooked through. Serve with the pittas and some salad.

PER SERVING 411 kcals, fat 22g, saturates 9g, carbs 26g, sugars 13g, fibre 3g, protein 28g, salt 0.7g

£2.68 per serving

Make into burgers

Lamb & apricot burgers

Soften **1 red onion** with the spices and garlic from the recipe above, then mix with the lamb mince, apricots, mint, breadcrumbs and seasoning. Shape into four burgers and fry for 5-8 mins on each side until cooked through. Serve in **buns** with **lettuce**, **cucumber** and **tzatiki**. Serves 4.

£3.37
per serving

Prawn & pak choi stir-fry

- Serves 2
- Prep 5 mins
- Cook 6 mins

2 tbsp sesame oil
100g mangetout
1 carrot, finely sliced
200g pak choi, sliced
2 spring onions, sliced on the diagonal
300g straight-to-wok egg noodles
150g cooked king prawns
2 tbsp soy sauce, plus extra to serve (optional)
1 tbsp sesame seeds, toasted
1 red chilli, sliced, to serve (optional)

1 Heat 1 tbsp sesame oil in a large wok or frying pan over a medium-high heat and cook the mangetout and carrot for a few minutes until starting to soften and brown, then add the pak choi and spring onions. Tip in the noodles and prawns, use tongs to combine and warm through.

2 Pour in the soy sauce and the remaining sesame oil, and toss to coat. Just before serving, scatter over the sesame seeds and chilli. Serve with extra soy sauce, if you like.

PER SERVING 484 kcals, fat 20g, saturates 3g, carbs 48g, sugars 9g, fibre 7g, protein 25g, salt 3.6g

Herby burgers with fennel slaw

■ Serves 4 ■ Prep 15 mins
■ Cook 15 mins

400g beef mince
1 small onion, grated
large bunch of parsley, leaves picked and roughly chopped
1 tbsp olive oil
1 fennel bulb, finely sliced
2 spring onions, sliced
1 carrot, grated
2 tbsp mayonnaise
1 lemon, cut into 6 wedges
4 seeded buns

1 Combine the mince with the onion and half the parsley, then season. Shape into four burger patties (about 8cm wide and 1cm deep). Heat a griddle pan over a high heat and brush each burger with the oil on both sides. When the pan is hot, cook the burgers for 5 mins on each side until charred and cooked through.
2 Meanwhile, prepare the slaw by combining the fennel, spring onions and carrot in a large bowl. Add the mayonnaise and remaining parsley, then squeeze over the juice of two lemon wedges. Season and set aside.
3 Halve the buns and griddle for 1-2 mins until griddle lines appear. Put the burgers in the buns, top with the fennel slaw and serve with a lemon wedge for squeezing over.

PER SERVING 524 kcals, fat 33g, saturates 9g, carbs 27g, sugars 6g, fibre 6g, protein 26g, salt 0.8g

£1.38
per serving

£2.84
per serving

Salmon & ginger fish cakes

■ Serves 2 ■ Prep 15 mins
■ Cook 25 mins

1 large sweet potato, cut into chips
4 tsp olive oil
2 x 140g skinless salmon fillets, finely chopped
thumbnail-sized piece of ginger, peeled and grated
1 lime, zested, plus wedges to serve
½ bunch of spring onions, finely chopped
2 tbsp mayonnaise mixed with wasabi (optional)

1 Heat the oven to 200C/180C fan/ gas 6. Toss the chips in a roasting tin with 1 tsp oil. Bake for 20-25 mins.
2 Meanwhile, mix the salmon with the ginger, lime zest and seasoning. Heat 1 tsp oil in a non-stick pan and fry the spring onions for 2 mins until softened. Stir into the salmon mixture and shape into four patties.
3 Heat the remaining oil in the pan and cook the patties for 3-4 mins each side until golden and cooked through. Cover with a lid and rest for a few minutes. Serve two patties each with the chips, mayonnaise and lime wedges for squeezing over.

PER SERVING 463 kcals, fat 24g, saturates 4g, carbs 33g, sugars 10g, fibre 4g, protein 31g, salt 0.3g

£2.40
per serving

Grilled aubergine tabbouleh

- Serves 2
- Prep 15 mins
- Cook 10 mins VEGETARIAN

2 tbsp garlic-infused oil
1 large aubergine, diced
160g couscous
½ cucumber, diced
200g cherry tomatoes, halved
small bunch of mint, roughly chopped
small bunch of parsley, roughly chopped
FOR THE DRESSING
1 lemon, juiced
5 tbsp coconut yogurt
2 tbsp tahini
1 tbsp maple syrup

1 Heat the oil in a frying pan over a medium-high heat and cook the aubergine for 10 mins until soft.
2 Meanwhile, put the couscous in a large heatproof bowl and pour over 200ml boiling water. Cover and stand for 5-6 mins. Combine the dressing ingredients and season. When the couscous has absorbed all the water, fluff it with a fork. Season and stir in the cucumber, tomatoes and herbs. Add half the dressing and toss to coat. Top with the aubergine and the rest of the dressing.

PER SERVING 630 kcals, fat 33g, saturates 10g, carbs 58g, sugars 18g, fibre 14g, protein 17g, salt 0.1g

Balsamic roasted sausages & red vegetables

- Serves 4
- Prep 5 mins
- Cook 35 mins

3 red onions, cut into wedges
3 red peppers, deseeded and quartered
2 tbsp olive oil
2 tbsp balsamic vinegar
8 sausages
250g cherry tomatoes
a few thyme sprigs (optional)
1 tbsp honey
mustard mash or crusty bread, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the onions and peppers in a roasting tin, drizzle with the oil and vinegar and season. Roast for 10 mins.
2 Arrange the sausages, tomatoes and thyme, if using, around the vegetables, then drizzle over the honey and cook for 25 mins, turning the sausages halfway through, until the sausages are cooked and everything is sticky. Serve with mash or crusty bread.

PER SERVING 412 kcals, fat 28g, saturates 8g, carbs 25g, sugars 18g, fibre 3g, protein 18g, salt 1.4g

Make a heartier dish by stirring some canned chickpeas or butter beans into the roasting tin during the final 5 minutes of cooking time.

£1.42 per serving

Pack in the flavour

It's barbecue season! Take your grill skills to the next level with this super-quick marinades and dressings for meat or veg

1 Coconut-chilli marinade

■ Serves 4 ■ Prep 5 mins plus overnight chilling ■ No cook VEGETARIAN

Blitz a **grated thumb-sized piece of ginger**, **2 chopped chillies**, **7 tbsp sesame oil**, **2 tbsp fish sauce** and **40g desiccated coconut** to a paste. Rub over chicken and chill overnight before cooking.

PER SERVING 243 kcals, fat 25g, saturates 8g, carbs 1g, sugars 1g, fibre 2g, protein 1g, salt 2g

2 Chipotle & lime dressing

■ Makes 100ml ■ Prep 5 mins
■ No cook VEGETARIAN

Whisk **2 tbsp chipotle paste**, the **juice of 2 limes** and **80ml light olive oil** together. Season to taste. Serve drizzled over tacos or prawn-based salads.

PER TBSP 57 kcals, fat 6g, saturates 1g, carbs 0.3g, sugars 0.3g, fibre none, protein 0.1g, salt 0.1g

3 Turmeric-ginger marinade

■ Serves 4 ■ Prep 5 mins plus overnight chilling
■ No cook VEGETARIAN

Toast **2 tsp ground turmeric** and **½ tsp chilli powder** in a dry pan. Mix with a **grated thumb-sized piece of ginger**, **2 crushed garlic cloves** and **3 tbsp vegetable oil**. Brush over chicken or tofu and chill overnight before cooking.

PER SERVING 83 kcals, fat 8g, saturates 1g, carbs 1g, sugars 0.4g, fibre 1g, protein 0.3g, salt none

4 Peanut, chilli & garlic oil

■ Makes 200ml ■ Prep 5 mins
■ Cook 5 mins VEGETARIAN

Heat **200ml sesame oil** in a pan and cook **2 sliced garlic cloves** until lightly golden. Cool. Stir in **2 tbsp rice wine vinegar**, **1-2 tsp chilli flakes**, **2 tbsp soy sauce** and **40g finely chopped peanuts**. Tip into a 200ml jar, season and shake. Spoon over cooked noodles.

PER TBSP 104 kcals, fat 11g, saturates 2g, carbs 1g, sugars 0.5g, fibre 0.1g, protein 1g, salt 0.2g

5 Harissa-honey marinade

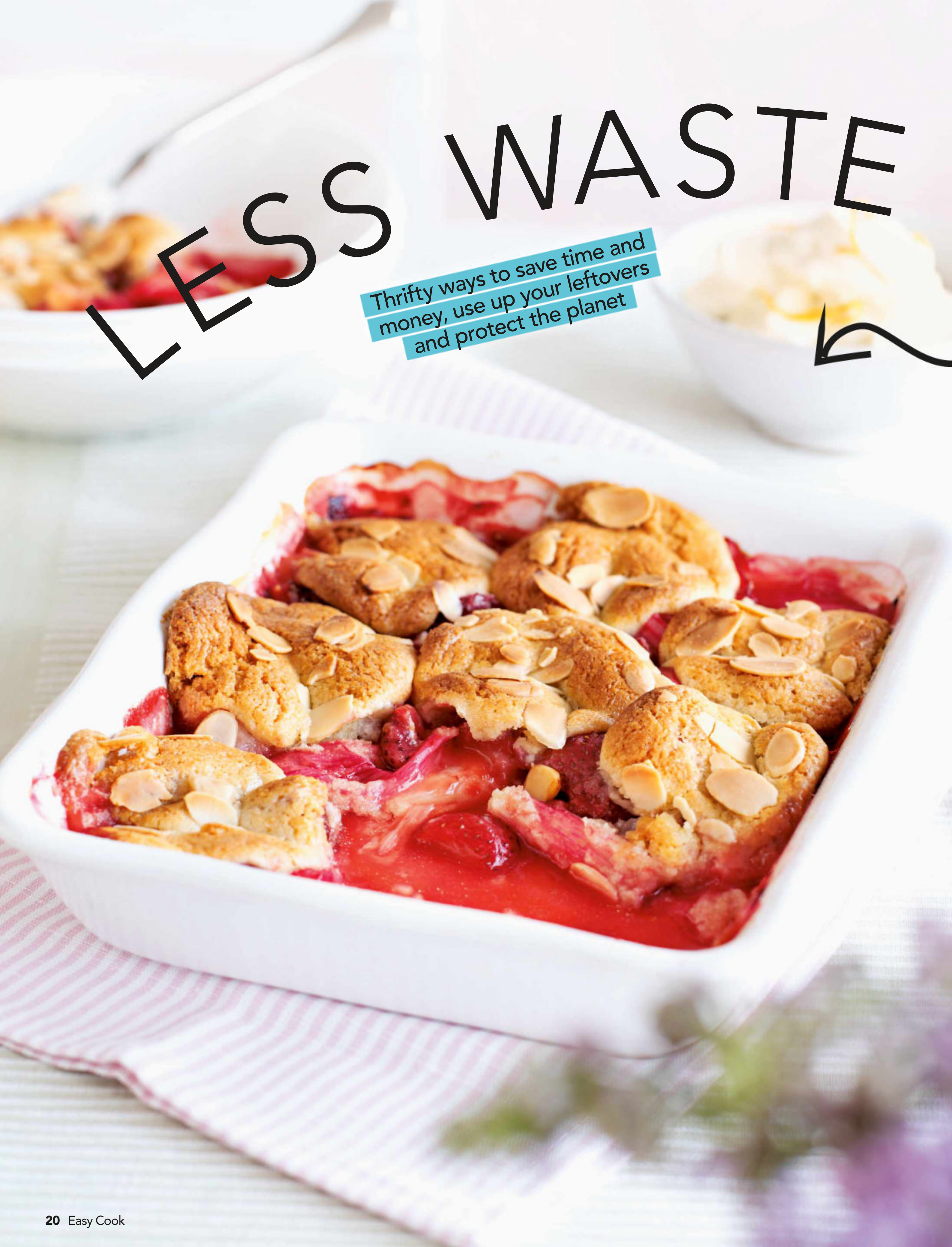
■ Serves 4 ■ Prep 5 mins
■ No cook VEGETARIAN

Combine **2 tbsp rose harissa**, **2 tbsp olive oil**, **1 crushed garlic clove** and **3 tbsp honey**. Season with salt. Brush over cooked chicken or halloumi skewers to serve.

PER SERVING 113 kcals, fat 6g, saturates 1g, carbs 15g, sugars 14g, fibre 0.2g, protein 0.3g, salt 0.1g

LESS WASTE

Thrifty ways to save time and money, use up your leftovers and protect the planet



MORE TASTE

Not a load of cobblers!

Filled your basket with seasonal strawberries, but find they're starting to turn too quickly? Use them up in this fresh and fruity dessert.

Rhubarb & strawberry cobbler

- Serves 4
- Prep 15 mins
- Cook 40 mins VEGETARIAN

400g rhubarb, trimmed and cut into 2.5cm pieces
400g strawberries, hulled and halved if large
85g sugar
1 tbsp plain flour
250g mascarpone (optional)
1 orange, zested and juiced (optional)
1 tbsp icing sugar (optional)
FOR THE TOPPING
100g plain flour, plus extra for dusting
50g ground almonds
85g caster sugar
1 tsp baking powder
50g butter
75ml single cream, plus 1 tbsp
1 tsp vanilla extract
25g flaked almonds

1 Heat the oven to 190C/170C fan/gas 5. Tip the rhubarb pieces and strawberries into a large bowl. Sprinkle over the sugar and flour, then gently stir to coat the fruit. Tip the mixture into a baking dish (ours was 30 x 20cm).

2 To make the topping, put the flour, ground almonds, sugar, baking powder, butter and a pinch of salt in a food processor, and pulse to fine crumbs. Pulse in 75ml cream and the vanilla until the mixture just starts to come together. Turn out onto a lightly floured surface, then gently knead once or twice to bring together. Roll out the dough to 1cm thick. Use a 7cm round cutter to cut out 9-12 rounds, pressing together the scraps and re-rolling if needed.

3 Arrange the dough circles over the fruit, leaving a 1-2cm gap between them, then brush over 1 tbsp cream. Sprinkle over the flaked almonds, then bake for 40 mins until the topping is golden and the fruit is cooked through. Stir together the mascarpone, orange zest and juice and the icing sugar, if using, then serve the orange mascarpone cream alongside the cobbler.

PER SERVING 864 kcals, fat 55g, saturates 28g, carbs 87g, sugars 62g, fibre 5g, protein 11g, salt 0.7g

Keep them peeled

Do you love new potatoes but don't like eating the skins? We have a quick way to peel off the skin without wasting too much of the flesh: simply rub the potatoes with the rough side of a clean kitchen sponge in a bowl of water.

3 speedy snacks the kids will love

Keep these healthy, tasty snacks on hand for days when the kids return home from school needing something to keep them going until suppertime.

Cashew butter & banana rice cake

Spread **2 tsp cashew or peanut butter** over **1 wholegrain rice cake**, then top with **1 small sliced banana** and **½ tsp honey**. Serves 1.

PER SERVING 864 kcals, fat 55g, saturates 28g, carbs 87g, sugars 62g, fibre 5g, protein 11g, salt 0.7g

Berry & avocado smoothie

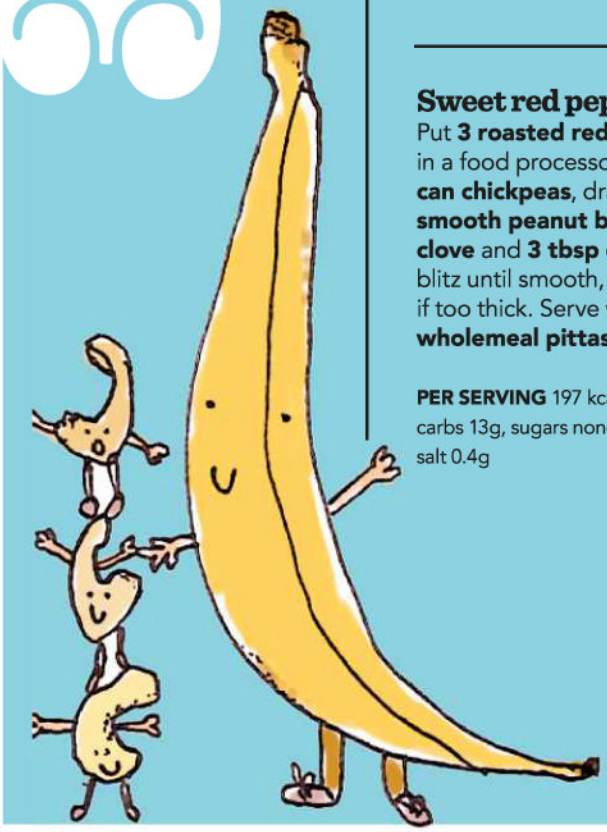
Tip **140g frozen mixed berries** into a blender. Add **½ ripe avocado** and **250ml unsweetened almond milk**. Blend until smooth. If the berries are too tart, add a squeeze of **honey or maple syrup** and blend again. Serves 2.

PER SERVING 136 kcals, fat 11g, saturates 2g, carbs 5g, sugars 4g, fibre 5g, protein 2g, salt 0.2g

Sweet red pepper hummus

Put **3 roasted red peppers** from a jar in a food processor, then add a **400g can chickpeas**, drained, **1 tbsp tahini or smooth peanut butter**, **1 small garlic clove** and **3 tbsp olive oil**. Season, then blitz until smooth, adding a splash of water if too thick. Serve with **veg crudités** or **wholemeal pittas**. Serves 4.

PER SERVING 197 kcals, fat 12g, saturates 2g, carbs 13g, sugars none, fibre 4g, protein 6g, salt 0.4g



fattorie garofalo
bufala
mozzarella di bufala campana
Denominazione d'Origine Protetta

CHEESE TWIST

Have you ever felt a bit guilty about throwing away the liquid from a pack of mozzarella?

The mozzarella liquid, called latticello, isn't brine but instead whey, which is derived by the coagulation of the cheese. The whey keeps the cheese moist, but once the pack is open, what do you do with it (other than tip it down the sink)? Some people add it to savoury smoothies, cooking water when boiling rice or bread dough, but if you don't fancy eating it, it can actually be useful to gardeners, thanks to its antifungal properties. Simply dilute one part mozzarella whey with six parts water, then tip into a spray bottle and spritz onto plants that are prone to fungus, such as courgettes or roses.

A zingy thirst-quencher

If you have limes to use up, transform them into this refreshing drink that's perfect for hot weather. You can use lemons in the same way, but you may need to add a touch more sugar.

Homemade limeade

Put **3 quartered limes**, **15g sugar** and 200ml cold water in a food processor and whizz until as smooth as possible. Tip into a sieve set over a bowl and push through as much juice as you can. Pour into glasses or small bottles with **mint and lime slices**, then top up to taste with **soda water**. Serves 4.

Gadget genius

Use a hand blender to quickly blitz together a summery gazpacho or pea hummus

Chipotle gazpacho

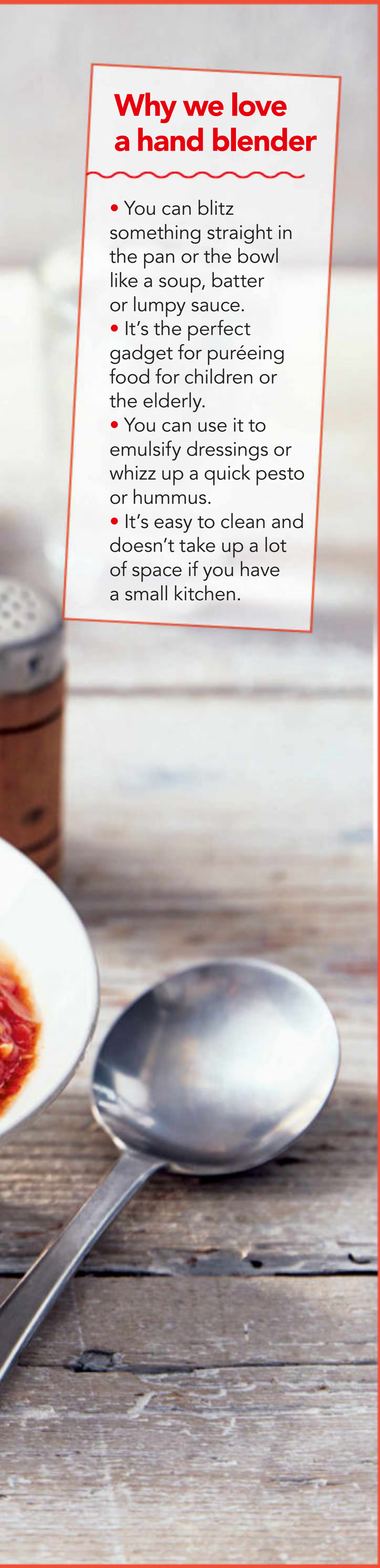
■ Serves 4 ■ Prep 25 mins plus 2 hrs chilling ■ No cook

1kg ripe tomatoes, roughly chopped
1 large red pepper, deseeded and roughly chopped
½ cucumber, sliced
1 small garlic clove, grated
4 spring onions, finely sliced
40g blanched almonds, roughly chopped
3 limes, juiced
2 tbsp olive oil
2 tsp chipotle paste
1 large, ripe avocado, chopped
1 small red chilli, deseeded and finely chopped
½ small bunch of coriander, finely chopped

1 Put the tomatoes, pepper, cucumber and garlic in a deep bowl along with half the spring onions, almonds and lime juice. Add the oil and chipotle paste, and blitz using a hand blender until almost smooth. Pour the mixture into a jug and chill for at least 2 hrs.

2 Toss the remaining spring onions, the avocado, chilli and coriander with the rest of the lime juice. Ladle the soup into four bowls and top with the avocado salsa and remaining almonds.

PER SERVING 277 kcals, fat 21g, saturates 3g, carbs 12g, sugars 11g, fibre 6g, protein 6g, salt 0.1g



Why we love a hand blender

- You can blitz something straight in the pan or the bowl like a soup, batter or lumpy sauce.
- It's the perfect gadget for puréeing food for children or the elderly.
- You can use it to emulsify dressings or whizz up a quick pesto or hummus.
- It's easy to clean and doesn't take up a lot of space if you have a small kitchen.

Pea & broad bean hummus with goat's cheese & sourdough

■ Serves 4 as a main or 8 as a side ■ Prep 5 mins ■ Cook 6 mins VEGETARIAN

300g fresh or frozen peas
300g fresh broad beans, podded (no need to remove their pale green jackets), or use frozen (defrosted if frozen)
4 tbsp olive or sunflower oil, plus extra for drizzling
2 garlic cloves, peeled
2 lemons, 1 zested, 2 juiced
2 tbsp extra virgin olive oil
8 slices sourdough, halved
125g log soft, spreadable goat's cheese
50g pea shoots or watercress

1 Cook the peas and beans in a large pan of salted boiling water for 3 mins. Drain, cool under cold running water, then drain again thoroughly and set aside.

2 Heat 4 tbsp olive oil in a pan, and cook the garlic for 3 mins until the oil is infused and the garlic is soft but not coloured.

3 Add the drained peas and beans, most of the lemon zest and juice and 1 tbsp extra virgin olive oil. Blitz using a hand blender until the texture is similar to a coarse hummus. Season well with sea salt and plenty of black pepper. Add the remaining lemon juice to taste. Spoon the hummus into a dish, swirl the top, then drizzle over the remaining extra virgin olive oil.

4 To serve, toast the bread, then spread with the cheese. Dollop a generous spoonful of the hummus over each slice of bread, drizzle with a little more olive oil and scatter over the remaining lemon zest and some black pepper. Top with a few pea shoots.

PER SERVING 503 kcals, fat 25g, saturates 6g, carbs 55g, sugars 5g, fibre 12g, protein 19g, salt 1.2g

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Go with the grain

Fancy a change from rice? Try bulgur wheat: a hearty whole grain that's easy to cook and versatile

Cut out & keep

SPICED BULGUR PILAF WITH FISH

MINTY BEETROOT, FETA & BULGUR SALAD

SUMMER BEAN & BULGUR SOUP

GRILLED CHICKEN WITH YOGURT & BULGUR WHEAT SALAD

Minty beetroot, feta & bulgur salad

- Serves 2
- Prep 5 mins
- Cook 5 mins **VEGETARIAN**

50g bulgur wheat
2 oranges, ½ zested and juiced, the rest peeled and chopped
1 garlic clove
1 tsp apple cider vinegar
2 tbsp chopped mint
3 spring onions, sliced
4 walnut halves, broken
4 pitted Kalamata olives, halved (optional)
2 beetroots, chopped
40g feta or vegetarian alternative

1 Put the bulgur wheat in a pan, cover with water, bring to the boil, then cook, covered, for 5 mins. Drain, press out any excess water and tip into a bowl.
2 Stir in the chopped oranges and the zest and juice, the garlic and vinegar, then toss through the mint, onions, walnuts and olives, if using. Stir in the beetroot, then spoon into bowls and top with the feta to mix through before eating.

PER SERVING 270 kcals, fat 10g, saturates 3g, carbs 31g, sugars 16g, fibre 8g, protein 11g, salt 0.7g

Spiced bulgur pilaf with fish

- Serves 4
- Prep 10 mins
- Cook 40 mins

1 tbsp olive oil
2 onions, finely sliced
3 carrots, grated
2 tsp cumin seeds
2 tbsp harissa
200g bulgur wheat
6 dried apricots, chopped
700ml chicken stock (made using 1 stock cube)
200g baby spinach
4 firm white fish fillets
4 thin lemon slices

1 Heat the oil in a lidded flameproof casserole dish and cook the onions for 10 mins. Add the carrots and cumin, and cook for 2 mins more. Stir in the harissa, bulgur wheat and apricots, pour over the stock and bring to the boil. Cover and simmer for 7 mins.
2 Stir through the spinach until just wilted. Arrange the fish fillets on top, top each with a slice of lemon and season. Replace the lid and cook for 8 mins over a medium-low heat.
3 Reduce the heat to low and cook for 7-8 mins more until the fish is cooked through and the bulgur wheat is tender. Season with pepper and serve.

PER SERVING 416 kcals, fat 6g, saturates 1g, carbs 52g, sugars 15g, fibre 7g, protein 37g, salt 1.0g

Grilled chicken with yogurt & bulgur wheat salad

- Serves 2
- Prep 10 mins plus marinating
- Cook 10 mins

5 tbsp natural yogurt
1 garlic clove, crushed
1 tsp cumin seeds
1 lemon, juiced
4 large skinless, boneless chicken thighs
100g bulgur wheat
200ml hot chicken stock (freshly made or from a cube or concentrate)
handful of chives, parsley or coriander (or a mixture), roughly chopped

1 Mix the yogurt, garlic, cumin and 1 tbsp lemon juice together in a bowl. Pour this over the chicken and leave to marinate for 10 mins. Meanwhile, put the bulgur wheat in a heatproof bowl and cover with the stock. Leave for 10 mins to soften, then drain off any excess stock.
2 Lift the chicken out of the marinade. Grill over a medium heat for 8-10 mins, turning once, until cooked through. Stir the herbs through the bulgur wheat along with the remaining lemon juice, and serve with the chicken.

PER SERVING 433 kcals, fat 7.7g, saturates 2.5g, carbs 42g, fibre 0.3g, protein 51g, salt 0.8g

Summer bean & bulgur soup

- Serves 2
- Prep 10 mins
- Cook 20 mins **VEGETARIAN**

400g can borlotti beans
1 tbsp olive oil
160g butternut squash, finely chopped
1 leek, thinly sliced
2 garlic cloves, finely grated
1 tsp thyme leaves
1 tbsp tomato purée
1 tsp vegetable bouillon powder
1 courgette, halved and sliced
80g cherry tomatoes
40g bulgur wheat
20g basil leaves, chopped
25g parmesan or vegetarian alternative, finely grated

1 Drain the beans and set aside. Heat the oil in a non-stick pan over a high heat and fry the squash for a few minutes to soften. Add the leek and garlic and cook for 3 mins more. Add two cans of water (using the bean can). Stir in the thyme, tomato purée, bouillon, courgette, tomatoes, bulgur wheat and the drained beans. Bring to the boil, then add half the basil. Cover and simmer for 10 mins until the veg is tender.
2 Stir in the remaining basil and three-quarters of the cheese. Ladle into bowls and serve with the remaining cheese scattered over.

PER SERVING 367 kcals, fat 11g, saturates 3g, carbs 38g, sugars 10g, fibre 18g, protein 20g, salt 1.1g

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A week of healthy meals

5

Our five-day plan of nourishing suppers will help you eat well every weeknight

Soba noodle & edamame salad with grilled tofu

- Serves 4
- Prep 15 mins
- Cook 15 mins VEGETARIAN

140g soba noodles
300g fresh or frozen podded edamame beans
4 spring onions, shredded
300g beansprouts
1 cucumber, peeled, halved lengthways, deseeded and sliced
1 tsp sesame oil
1 tsp vegetable oil
250g block firm tofu, patted dry and thickly sliced
handful of coriander leaves, to serve
FOR THE DRESSING
3 tbsp mirin
2 tsp tamari
2 tbsp orange juice
1 red chilli (deseeded, if you like), finely chopped

1 Bring the dressing ingredients to a simmer in a small saucepan for 30 seconds, then set aside.
2 Boil the noodles following pack instructions, adding the edamame beans for the final 2 mins of cooking time. Rinse under cold running water, drain well and tip into a large bowl with the spring onions, beansprouts, cucumber, sesame oil and warmed dressing. Season to taste.
3 Brush the vegetable oil over the tofu, season and griddle or grill for 2-3 mins on each side – the tofu is very delicate, so turn carefully. Top the salad with the tofu, scatter over the coriander and serve.

PER SERVING 331 kcals, fat 7g, saturates 1g, carbs 48g, sugars 7g, fibre 5g, protein 21g, salt 1.2g

- Good source of iron
- Low in fat
- 3 of 5-a-day

- Good source of fibre
- 2 of 5-a-day

Lemon & rosemary pork with chickpea salad

■ Serves 4 ■ Prep 8 mins plus optional marinating ■ Cook 12 mins

1 tbsp olive oil
2 tsp finely chopped rosemary
4 garlic cloves, crushed
½ lemon, zested and juiced
4 boneless pork steaks, trimmed of fat
1 red onion, finely sliced
2 tbsp sherry vinegar
2 x 400g can chickpeas, drained and rinsed
110g mixed salad leaves

1 Combine the oil, rosemary, garlic and lemon zest and juice in a large bowl. Add the pork, turn to coat and season well. If you have time, marinate in the fridge for 30 mins.

2 Heat a large non-stick frying pan over a medium-high heat. Lift the pork out of the marinade, shake off any excess and reserve the marinade. Cook the pork in the pan for 3-4 mins on each side, or until cooked through. Remove to a plate and set aside.

3 Pour the reserved marinade into the pan with the onion. Cook for 1 min over a high heat, then add the vinegar and 3 tbsp water. Let it bubble down for 1 min until the onion has softened a little and the dressing thickened slightly. Stir through the chickpeas, some salt and pepper and any resting juices from the pork. Put the salad leaves into a bowl, tip in the pan contents and gently toss. Serve immediately with the pork.

PER SERVING 396 kcals, fat 17g, saturates 3g, carbs 23g, sugars 3g, fibre 6g, protein 40g, salt 0.9g

- High in fibre
- Good source of iron, vitamin C & folic acid
- Low in fat
- 4 of 5-a-day

Spiced vegetable pilaf

■ Serves 4 ■ Prep 10 mins ■ Cook 40 mins VEGETARIAN

6 carrots, cut lengthways into 6-8 wedges
3 red onions, cut into wedges
2 tbsp olive oil
2 tsp cumin seeds
4 cardamom pods
1 cinnamon stick
200g brown basmati rice, rinsed
400ml vegetable stock
400g can brown lentils, drained and rinsed
200g baby spinach
handful of toasted flaked almonds or whole almonds (optional)

1 Heat the oven to 200C/180C fan/gas 6. Cook the carrots in a pan of boiling water for 4 mins, adding the onions for the last minute of cooking. Drain and toss in a roasting tin with 4 tsp oil, the cumin and some seasoning. Roast for 30 mins.

2 Meanwhile, heat the remaining oil in a large saucepan. Tip in the cardamom and cinnamon for 30 seconds, then add the rice and toast for 1 min more. Pour over the stock and 100ml water and simmer, covered, for 25-30 mins until the rice is tender and the water has been absorbed. Remove the cinnamon and cardamom.

3 Stir in the lentils and top with the spinach. Put the lid back on and cook over a low heat, stirring once until the spinach has wilted and the lentils are heated through. Stir again, then tip the roasted vegetables on top and sprinkle over the almonds, if using.

PER SERVING 375 kcals, fat 9g, saturates 1g, carbs 66g, sugars 18g, fibre 11g, protein 12g, salt 0.6g

Prawn bruschetta with lemony fennel salad

■ Serves 2 ■ Prep 8 mins ■ Cook 8 mins

1 fennel bulb, thinly sliced through the root, green fronds reserved
1 heaped tbsp roughly chopped dill
½ lemon, zested and juiced, plus extra wedges to serve
1 tbsp olive oil
4 small slices rustic wholemeal bread, or two large cut in half
1 garlic clove, halved
140g cooked prawns
handful of rocket

1 Bring a pan of water to the boil, tip in the fennel and cook for 2-3 mins until just tender. Drain well and toss with the reserved fennel fronds, dill, lemon zest and juice, 2 tsp oil and seasoning.

2 Brush the bread slices with the remaining oil. Put in a hot griddle pan (or under a grill) and toast each side until lightly charred. Rub one side of each slice with the garlic, then divide the fennel salad between them. Top with the prawns, then the rocket leaves and serve.

PER SERVING 220 kcals, fat 7g, saturates 1g, carbs 19g, sugars 2g, fibre 5g, protein 21g, salt 1.8g

■ Low in fat
■ 1 of 5-a-day

- Good source of vitamin C
- Low in fat
- 2 of 5-a-day

Chicken masala skewers

These skewers can be cooked on the barbecue and are great served with a dollop of mango chutney or raita.

■ Serves 4 ■ Prep 15 mins plus optional marinating
■ Cook 12 mins

150ml 0% fat Greek-style yogurt
2 tbsp masala paste
handful of coriander leaves, chopped, plus extra to serve
1 lime, zested and juiced, plus extra wedges to serve
4 skinless, boneless chicken breasts, each cut into 6 chunks
wholemeal chapatis, to serve
FOR THE SALAD
250g cherry tomatoes, halved or quartered
1 red onion, finely chopped
1 cucumber, cut into chunks

1 Mix the yogurt, masala paste, half the chopped coriander, half the lime juice and a pinch of the zest together in a large bowl. Add the chicken, stir to coat and marinate in the fridge for 30 mins if you have time.

2 Thread the chicken onto eight skewers, then cook in batches on a hot griddle pan, frying pan or barbecue for 10-12 mins, turning until cooked though.

3 Meanwhile, mix the salad ingredients with the remaining lime juice and coriander in a bowl, and season. Sprinkle over extra coriander and serve with the chicken skewers and warmed chapatis.

PER SERVING 227 kcals, fat 4g, saturates 1g, carbs 8g, sugars 6g, fibre 2g, protein 39g, salt 0.7g

One-derful

Tempted to turn to a takeaway when you're home alone?
Try our simple single-portion meals instead

Marinated beans with kale & cod

■ Serves 1 ■ Prep 15 mins plus marinating ■ Cook 5 mins

½ long shallot, finely chopped
2 tsp red wine vinegar
50g curly leaf kale, tough stems removed, torn
1 tbsp olive oil, plus 2 tsp
1 tsp lemon juice
400g cannellini beans, drained and rinsed
¼ tsp dried chilli flakes
3 sundried tomatoes in oil, finely chopped
1 garlic clove, crushed
1 tbsp each flat-leaf parsley, mint and dill, chopped
150g skin-on cod fillet
1 tsp unsalted butter

1 Put the shallot and vinegar in a bowl and leave for 5 mins. Put the kale in another bowl and massage in 1 tsp oil and the lemon juice for 2-3 mins to soften. Add the beans, chilli, tomatoes, garlic, herbs and kale to the shallots. Stir in 1 tbsp oil and rest for 10 mins.
2 Heat the remaining oil in a non-stick pan over a medium-high heat and cook the fish, skin-side down, for 2-3 mins until the skin is crisp. Turn and cook for 1 min until just cooked through. Add the butter and briefly baste the fish.
3 Top the marinated beans with the fish to serve.

PER SERVING 583 kcals, fat 24g, saturates 5.9g, carbs 33g, sugars 5.7g, fibre 19g, protein 46g, salt 0.7g

Roast chicken & asparagus panzanella

■ Serves 1 ■ Prep 15 mins plus resting ■ Cook 25 mins

1 skin-on chicken breast
1½ tbsp olive oil, plus 1 tsp
1 small pitta, torn into pieces
100g asparagus, trimmed
½ lemon, zested and juiced
1 tsp honey
½ tbsp dill, finely chopped
1 roasted red pepper from a jar, cut into chunks
½ small red onion, sliced
2 tsp capers, chopped

1 Heat the oven to 200C/180C fan/gas 6. Drizzle 1 tsp oil over the chicken and roast, skin- side up, for 25 mins.
2 Put the pitta and asparagus on a baking tray and toss with ½ tbsp oil and the lemon zest. Roast for 12 mins.
3 Transfer the chicken to a plate, reserving the cooking juices. Remove the skin and shred the meat. Leave to cool.
4 Skim any excess fat from the juices. Whisk together the lemon juice, honey, dill and the rest of the oil. Slowly whisk in the cooking juices until emulsified. Toss 2 tbsp of the dressing with the pepper, onion, pitta and asparagus. Rest for 10 mins, then toss with the chicken, capers and remaining dressing.

PER SERVING 589 kcals, fat 21g, saturates 3.9g, carbs 45g, sugars 13g, fibre 8.3g, protein 49g, salt 1.1g

Curry fried rice

■ Serves 1 ■ Prep 10 mins plus marinating
■ Cook 10 mins VEGETARIAN

20g ginger, peeled and chopped
2 garlic cloves, chopped
½ green chilli, chopped
45g paneer, cut into cubes
3 tsp vegetable oil
250g cooked basmati rice
80g mushrooms, thickly sliced
1 carrot, finely diced
50g frozen peas
1 spring onion, finely chopped
½ tbsp mild curry powder
small handful of coriander leaves, chopped
1 lime, juiced

1 Blitz the ginger, garlic and chilli in a food processor until smooth. Coat the paneer in half the paste and leave for 30 mins.
2 Heat 1 tsp oil in a wok over a high heat and stir-fry the paneer for 3 mins. Transfer to a plate.
3 Add 1 tsp oil to the wok and stir-fry the rice until heated through, then scrape into a bowl. Add the remaining oil and stir-fry the mushrooms and carrot for 1 min, then add the peas and spring onion and cook for 1 min more. Add the rest of the ginger paste and the curry powder, then fry for 1 min.
4 Toss in the rice and paneer. Remove from the heat and stir in the coriander and lime juice.

PER SERVING 677 kcals, fat 26g, saturates 9g, carbs 75g, sugars 11g, fibre 16g, protein 25g, salt 0.2g

Niçoise jacket potato

■ Serves 1 ■ Prep 10 mins ■ Cook 50 mins

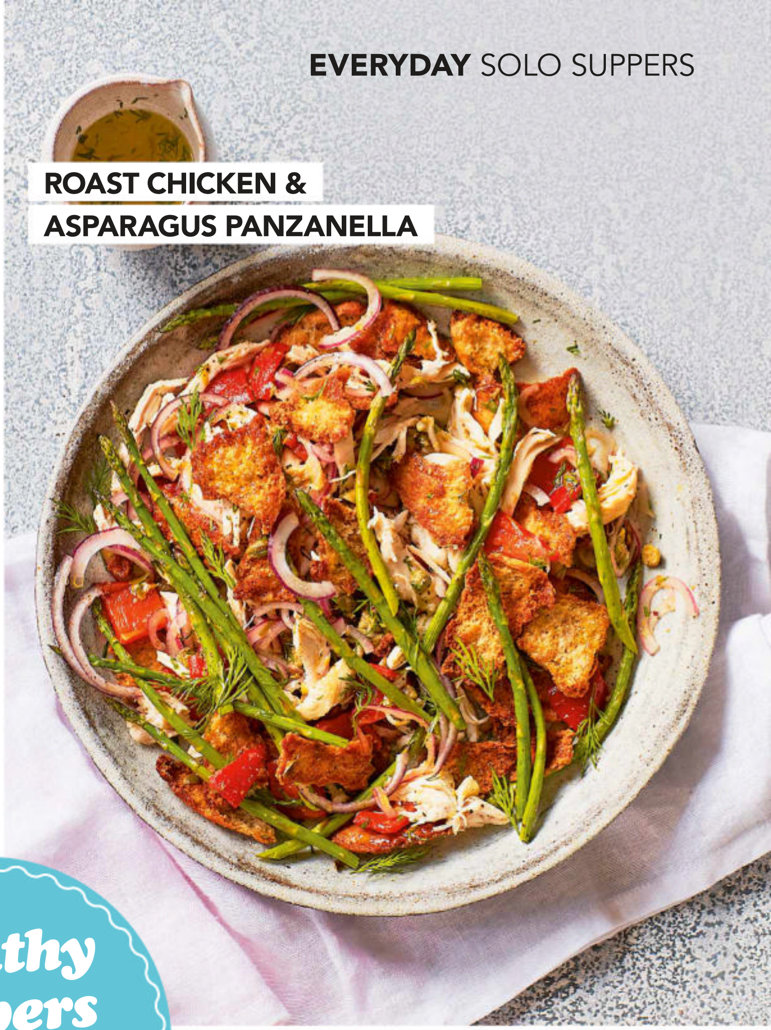
1 baking potato
3 tsp olive oil
1 egg
80g fine green beans, trimmed
2 tsp lemon juice
¼ tsp dijon mustard
1 tsp flat-leaf parsley, finely chopped
60g tuna chunks (drained weight), flaked
50g cherry tomatoes, quartered
5 black olives, sliced
½ long shallot, thinly sliced

1 Heat the oven to 220C/200C fan/gas 7. Prick the potato all over with a fork and rub over 1 tsp oil. Season. Bake for 50 mins until tender.
2 Meanwhile, boil the egg in a pan of water for 7 mins. Add the green beans for the final 3 mins. Drain and plunge everything into cold water.
3 Whisk together the lemon juice, mustard and parsley. Slowly whisk in the remaining oil. Season. Peel and chop the egg, then add this to the dressing with the beans, tuna, tomatoes, olives and shallot. Toss to combine.
4 Split the potato down the middle and use a fork to fluff the inside. Top with the egg salad and some black pepper.

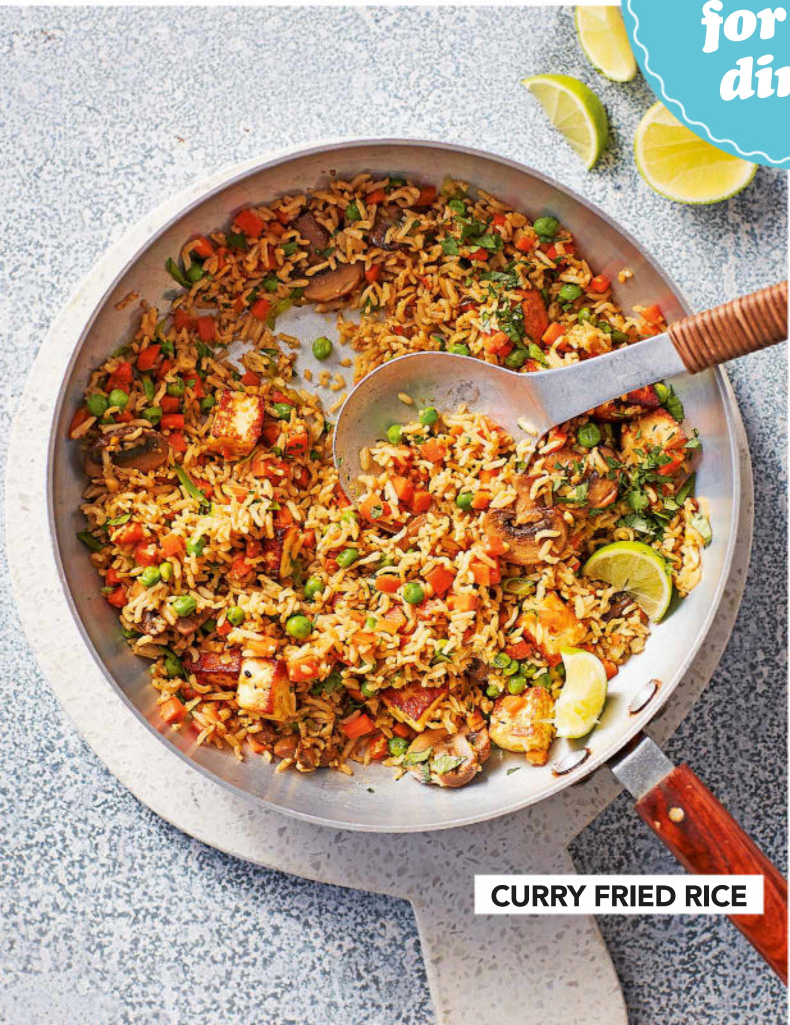
PER SERVING 523 kcals, fat 22g, saturates 4g, carbs 45g, sugars 7.2g, fibre 9.3g, protein 29g, salt 1.3g

Healthy suppers for solo dining

MARINATED BEANS WITH KALE & COD



ROAST CHICKEN & ASPARAGUS PANZANELLA



CURRY FRIED RICE

NIÇOISE JACKET POTATO

5 ways with salmon

No bones about it

Use boneless salmon fillets to make a quick and easy supper that provides a portion of omega-3 fatty acids

Lemon-dressed salmon with leek & broad bean purée

Mix the **zest and juice of ½ lemon** with **1 tbsp capers**, drained, and **1 tbsp rapeseed oil**. Set aside. Cook **1 large sliced leek** in a pan of boiling water with **200g frozen baby broad beans** and a little salt for 6-8 mins until tender. Transfer the vegetables to a bowl using a slotted spoon, set aside, then add **250g spinach** to the pan and wilt for 1-2 mins. Meanwhile, heat 1 tsp rapeseed oil in a non-stick pan over a medium heat and fry **2 skin-on wild salmon fillets**, skin-side down, for 4 mins. Turn and cook for 2-4 mins more, or until just cooked. Add a couple of spoonfuls of the broad beans to the lemon dressing, then, using a hand blender or small food processor, blitz the rest of the broad beans with the leeks to make a purée, adding a splash of cooking water to loosen if needed. Drain the spinach well and divide between plates. Spoon on the purée and top with the salmon. Drizzle over the lemon dressing, scatter with some **basil leaves** and serve with **170g boiled baby potatoes**. Serves 2.

Beetroot & salmon pasta

Cook **50g wholemeal fusilli** following pack instructions. Drain. Mix **1 tbsp fat-free Greek-style yogurt** with 1 tbsp water, then toss with the pasta, **1 cooked beetroot**, cut into wedges, **½ small avocado**, stoned and cut into cubes, **2 sliced baby cucumbers**, **2 tbsp chopped dill** and **1 heaped tsp creamed horseradish**. Season. Mix through **50g poached salmon**, flaked, and **30g rocket**, then serve. Serves 1.

Salsa verde salmon with smashed chickpea salad

Heat the grill to high. Whisk **1 tsp olive oil** with the **zest of 1 orange**, a splash of the **juice** and some seasoning. Put **2 skin-on salmon fillets**, skin-side down, on a non-stick baking tray and pour over the marinade. Leave to marinate at room temperature. Meanwhile, put a **small bunch of parsley**, **½ tbsp Dijon mustard**, **½ finely chopped shallot**, **½ tbsp red wine vinegar**, 1 tsp olive oil and the remaining orange juice in a food processor and blitz to a thick sauce, adding a splash of water to loosen if needed. Heat 1 tsp olive oil in a frying pan and fry **½ finely chopped shallot** for 5 mins. Stir in a **400g can chickpeas**, drained, and season. Turn up the heat and stir until the chickpeas are just crisp. Mash roughly and stir in **2 roasted red peppers** from a jar, chopped, and **50g kale**. Add a splash of water and cover until the kale is wilted. Keep warm. Grill the salmon for 4-6 mins until cooked to your liking. Divide the chickpea mash between plates and top with the salmon and salsa. Serves 2.

Prawn & salmon burgers with spicy mayo

Briefly blitz **90g raw peeled prawns**, **2 skinless salmon fillets**, **3 roughly chopped spring onions**, the **zest of 1 lemon** and **½ small bunch of coriander** in a food processor to make a coarse paste. Tip into a bowl, stir in another 90g raw prawns, peeled and roughly chopped, and another 2 skinless salmon fillets, cut into small chunks. Season well and shape into four burger patties. Chill for 10 mins. Meanwhile, mix **60g mayonnaise** with **4 tbsp chilli sauce**, season and add **lemon juice** to taste. Toss **2 shredded Little Gem lettuces** with **1 cucumber**, peeled into ribbons, then dress with more lemon juice and **1 tsp olive oil**. Set aside. Heat 1 tbsp olive oil in a frying pan and fry the burgers for 3-4 mins on each side, or until they have a nice crust and the fish is cooked through. Serve with the cucumber salad on the side or in **toasted burger buns** with a dollop of the spicy mayonnaise. Serves 4.

Sesame salmon, purple sprouting broccoli & sweet potato mash

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Combine **½ tbsp sesame oil**, **1 tbsp soy sauce**, a **thumb-sized piece of ginger**, peeled and grated, **1 crushed garlic clove** and **1 tsp honey**. Put **2 sweet potatoes**, unpeeled and cut into wedges, into a heatproof bowl with **1 lime**, cut into wedges. Cover and microwave on high for 12-14 mins until completely soft. Meanwhile, arrange **250g purple sprouting broccoli** and **2 boneless, skinless salmon fillets** on the prepared baking tray. Spoon over the marinade, season and roast for 10-12 mins. Sprinkle over **1 tbsp sesame seeds**. Remove the lime wedges from the sweet potatoes and roughly mash the potatoes with a fork. Mix the potatoes with ½ tbsp sesame oil, **1 finely sliced red chilli** and some seasoning. Divide the mash between plates with the salmon and broccoli. Serves 2.

A pizza the action

Mix up a quick dough base or buy one ready-made, then top as you like for a speedy, satisfying bite

Making and baking the pizza

To make a pizza base, make up **300g bread mix** following pack instructions, but don't leave to rise or knead – roll into a rough 30cm circle on a baking sheet. (Or, buy a ready-made pizza base from the supermarket.) Top, then bake the pizza at 240C/ 220C fan/gas 9 for 15-20 mins until crisp.

Ham, mushroom & rocket with pesto

- Serves 2
- Prep 10 mins
- Cook 20 mins

Spread **75g pesto** over the pizza base. Top with **100g chopped ham**, **75g sliced mushrooms** and a **handful of cherry tomatoes**, halved. Season. Bake, then scatter over a **handful of rocket**.

PER SERVING 567 kcals, fat 23g, saturates 4g, carbs 61g, sugars 2g, fibre 3g, protein 29g, salt 3.1g

Goat's cheese & veggie special

- Serves 2
- Prep 10 mins
- Cook 20 mins

VEGETARIAN

Put **2 large handfuls of spinach** in a colander, pour over a kettleful of hot water to wilt, then squeeze out any excess. Spread **75g pesto** over the pizza base. Top with the spinach, **100g soft goat's cheese, 50g green olives**, pitted and halved, and **50g sliced sundried tomatoes**. Season and bake.

PER SERVING 824 kcals, fat 49g, saturates 12g, carbs 63g, sugars 2g, fibre 5g, protein 31g, salt 3.5g

Beef, basil, tomato & mozzarella

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

Heat **1 tsp olive oil** in a pan over a high heat and fry **200g lean beef mince** with **1 sliced red onion** and **3 crushed garlic cloves** for 5 mins until the beef is browned. Spread **75g tomato passata** over the pizza base. Top with the mince mixture, a **handful of cherry tomatoes**, halved, and **100g mozzarella**, torn. Season and bake. Sprinkle over **basil leaves** to serve.

PER SERVING 760 kcals, fat 36g, saturates 15g, carbs 67g, sugars 7g, fibre 4g, protein 43g, salt 2.3g

Crispy bacon, artichoke & ricotta

■ Serves 2 ■ Prep 10 mins
■ Cook 20 mins

Spread **200g ricotta** over the pizza base. Scatter over a **400g can artichoke hearts**, drained, **50g black olives**, pitted and halved, and **6 rashers streaky bacon**, cut into small pieces. Season and bake.

PER SERVING 682 kcals, fat 32g, saturates 3g, carbs 67g, sugars 7g, fibre 6g, protein 32g, salt 4.2g

Spicy pepperoni & pepper

■ Serves 2 ■ Prep 15 mins
■ Cook 20 mins

Spread **75g tomato passata** over the pizza base. Top with **40g sliced pepperoni**, **1 sliced red chilli**, **1 green pepper**, deseeded and sliced, and **100g mozzarella**, torn. Season and bake. Sprinkle over a **handful of roughly chopped parsley** to serve.

PER SERVING 545 kcals, fat 22g, saturates 11g, carbs 63g, sugars 5g, fibre 4g, protein 25g, salt 2.8g

Frying solo

Cooking for one? From a tasty quesadilla to a hearty chicken salad, **Denise Smart** shows how to use your air fryer to cook single-serve dishes in next to no time

Chickpea & cauliflower buddha bowl

■ Serves 1 ■ Prep 10 mins ■ Cook 12 mins **VEGETARIAN**

½ × 400g can chickpeas, drained and rinsed
6 small cauliflower florets
1 garlic clove, crushed
½ tsp ground cumin
½ tsp ground coriander
½ tsp smoked paprika
2 tsp olive oil
50g cooked pouch of quinoa or mixed grains
¼ cucumber, halved lengthways and thinly sliced
4 cherry tomatoes, halved
FOR THE DRESSING
1 tbsp tahini
1 tsp lemon juice
TO SERVE
1 lemon wedge

1 Put the chickpeas, cauliflower, garlic, spices and oil in a bowl. Season with ½ tsp salt and freshly ground black pepper and toss well to coat.
2 Heat the air fryer to 180C. Tip the chickpeas and cauliflower into the air fryer basket and cook for 12 mins, shaking halfway through.
3 Meanwhile, mix the dressing ingredients with 1 tbsp water in a small bowl, and season to taste.
4 Arrange the quinoa, cucumber and tomatoes in a serving bowl. Top with the cauliflower and crispy chickpeas, and drizzle over the tahini dressing. Serve with the lemon wedge to squeeze over.

FRYING SOLO

Recipes adapted from *Frying Solo: 65 Quick and Healthy Air Fryer Recipes for One* by Denise Smart (£14.99, Michael O'Mara) and not retested by us. Photographs by William Shaw.

Tuna & avocado quesadilla

- Serves 1
- Prep 5 mins
- Cook 8 mins

½ ripe avocado, peeled and stoned
2 tsp lime juice
80g can tuna in brine, drained
2 tbsp canned sweetcorn, drained
2 tbsp tomato salsa (from a jar or fresh), plus extra for serving
1 regular flour tortilla
25g grated mozzarella
sunflower oil spray, for misting
TO SERVE
mixed salad

1 Mash the avocado with the lime juice in a small bowl. In a second bowl, mix the tuna with the sweetcorn and tomato salsa.
2 Lay the tortilla on a board and spread the mashed avocado over one half. Spoon the tuna mixture on top of the avocado, then sprinkle over the mozzarella. Fold the tortilla over the filling and press down. Mist with a little oil.
3 Heat the air fryer to 180C. Put the tortilla in the basket and cook for 4 mins, then turn over, mist with a little more oil and cook for a further 3-4 mins until the tortilla is toasted and the cheese melted.
4 Cut into two wedges and serve with mixed salad and extra salsa.

Chicken caesar salad

- Serves 1
- Prep 10 mins
- Cook 15 mins

150g boneless, skinless chicken breast
olive oil spray, for misting
½ heart romaine lettuce, trimmed and leaves torn
½ avocado, peeled, stoned and thinly sliced
a few parmesan shavings, to serve
FOR THE CROUTONS
1 thick slice ciabatta, cut into 2.5cm cubes
1 tsp olive oil
1 tsp parmesan, grated
FOR THE DRESSING
2 tbsp fat-free Greek-style yogurt
1 tsp lemon juice
1 tbsp parmesan, grated
1 small garlic clove, crushed
½ tsp Dijon mustard
1 tsp extra virgin olive oil
¼ tsp anchovy paste or Worcestershire sauce

1 Heat the air fryer to 180C. Season the chicken breast on both sides with ½ tsp freshly ground black pepper, then mist with a little oil. Cook in the air fryer for 12-15 mins, turning halfway through and misting with a little more oil, until cooked through.
2 Meanwhile, put the ciabatta cubes in a bowl with the oil and parmesan, and season with salt and freshly ground black pepper. Toss to coat. Put in the air fryer with the chicken for the last 4-5 mins of cooking time, shaking the basket once until golden brown and crisp. Remove everything from the air fryer and leave to cool.
3 While the chicken and croutons are cooking, make the dressing. Put all the ingredients in a small bowl and stir until well combined.
4 Put the lettuce in a bowl and stir in half the dressing to coat the leaves. Slice the chicken, add to the lettuce along with the avocado, and scatter over the croutons.
5 Drizzle over the remaining dressing and scatter over some parmesan shavings. Serve immediately.

What's for lunch?

Make a midday meal to please the kids (and adults alike!), and get them involved in the prep work, too

Green burgers

This recipe has been designed so you can stash an extra family meal in the freezer. The burgers are quick and easy to make, and are packed with spinach, which can be a tricky vegetable to get kids to eat.

■ Makes 8 ■ Prep 30 mins
■ Cook 20 mins VEGETARIAN
FREEZABLE uncooked burgers only

2 tbsp olive oil
2 onions, finely chopped
250g spinach
5 slices white bread, blitzed into breadcrumbs (or 150g dried breadcrumbs)
grating of nutmeg
100g mature cheddar, grated
40g parmesan or vegetarian alternative, finely grated
1-2 eggs, beaten
3 tbsp plain flour
6 crusty bread rolls
4 ripe tomatoes, thickly sliced
ketchup or other relish and sweet potato fries, to serve

1 Heat half the oil in a frying pan over a medium heat and fry the onions for 10 mins until pale and soft. Leave to cool slightly.

2 Finely chop the spinach in a food processor and tip into a bowl. Add the cooled onions, breadcrumbs, nutmeg and cheeses, and mash together. Add the egg, a little at a time (you may not need it all), until the mixture holds together. Divide into eight portions (see tip, below) and shape into burgers.

3 Put the flour in a shallow bowl, season well, then dip the burgers in to coat. Stack the burgers in an airtight container between layers of baking parchment and chill until ready to cook, or freeze for up to three months.

4 Heat the remaining oil in the frying pan over a medium heat and fry for 5 mins on each side until browned all over. Serve in the crusty rolls topped with a couple of slices of tomato and ketchup, with sweet potato fries on the side, if you like.

PER BURGER 233 kcals, fat 11g, saturates 5g, carbs 22g, sugars 3g, fibre 1g, protein 11g, salt 0.5g

TIP

Flouring your hands helps stop the mixture from sticking to your fingers.

Roast tomato soup with pasta

■ Serves 2-3 ■ Prep 10 mins ■ Cook 30 mins VEGETARIAN FREEZABLE soup only

4 tbsp olive oil
1 onion, finely chopped
1 carrot, finely chopped
2 celery sticks, finely chopped
200ml passata
2 x 400g cans peeled tomatoes
1 vegetable stock cube
4 tbsp cream (optional)
200g orzo or soup pasta, cooked until al dente
shaved parmesan or vegetarian alternative, chopped basil or pesto and breadsticks, to serve

1 Heat the oil in a saucepan over a low heat and fry the onion, carrot and celery for 8-10 mins until tender, but not too browned. Add the passata and tomatoes, and bring to the boil. Tip in the stock, 200ml water and a pinch of sugar, then season and simmer for 20 mins. Taste and adjust the seasoning, adding more water if needed. *Once cool, will keep frozen for up to three months.*

2 Stir in the cream, if using, and cooked pasta. Spoon into two or three bowls and top with parmesan, basil, pesto or all three, with breadsticks served alongside for dunking.

PER SERVING (3) 187 kcals, fat 8g, saturates 1g, carbs 19g, sugars 10g, fibre 4g, protein 7g, salt 0.5g

Coconut curry noodle bowl

This creamy noodle dish is topped with crunchy cashew nuts for lots of texture.

■ Serves 4 ■ Prep 10 mins
■ Cook 25 mins VEGETARIAN

1 tbsp vegetable oil
2 garlic cloves, crushed
½ red chilli, finely chopped (optional)
small piece of ginger, peeled and grated
1 tbsp mild curry powder
1 tbsp soy sauce
1 tbsp sriracha (or another 1 tbsp soy sauce if you prefer it milder)
400g can coconut milk
80g cashew nuts
1 tsp soy sauce
1 tsp maple syrup
1 tsp sesame oil
2 pak chois, halved
200g green beans, trimmed and halved
2 carrots, peeled into long ribbons
450g fresh udon noodles
large handful of coriander, chopped, to serve

1 Heat the oil in a large saucepan over a low heat and fry the garlic, chilli (if using) and ginger for 5 mins until softened. Add the curry powder and stir, frying for 1 min more until aromatic. Tip in the soy sauce and sriracha, if using, and stir again. Pour in the coconut milk, breaking up any solids on the top of the can using a spoon. Stir until combined, then simmer, covered, over a medium heat for 15 mins.

2 Meanwhile, heat the oven to 200C/180C fan/gas 6. Put the nuts in a bowl and mix with the soy sauce and maple syrup until fully coated. Scatter the nuts over a baking tray lined with baking parchment and roast for 10-12 mins, stirring halfway through.

3 Meanwhile, heat the sesame oil in a wok or large frying pan and, when hot, stir-fry the veg for 3-4 mins until slightly softened. Add the noodles and fry for another 2 mins to heat through.

4 Take both pans off the heat and pour the coconut sauce over the vegetables and noodles, and stir until everything is coated in the sauce. Spoon into bowls, scatter over the roasted nuts and sprinkle over the coriander.

PER SERVING 533 kcals, fat 31g, saturates 17g, carbs 44g, sugars 11g, fibre 10g, protein 15g, salt 1.3g

Sticky pork lettuce wraps

■ Serves 4 ■ Prep 20 mins plus marinating ■ Cook 10 mins

2 tbsp soy sauce
2 tbsp honey
2 tbsp brown sugar
pinch of ground cinnamon
pinch of Chinese five-spice powder
4 thin-cut pork loin steaks
1 carrot, sliced into matchsticks
1 lime, juiced
pinch of golden caster sugar
1 tbsp rapeseed oil
16 soft lettuce leaves
½ cucumber, cut into matchsticks
sweet chilli sauce, to serve

1 Combine the soy sauce, honey, brown sugar, spices and 1 tbsp water. Put the pork in a shallow bowl and pour over the marinade, turning to ensure the steaks are well coated. Marinate for 30 mins.

2 Mix the carrot with the lime juice and caster sugar. Brush the oil over a sheet of foil and use it to line the grill pan. Grill the pork steaks for 4 mins on each side, keeping an eye on them in case the sugar in the marinade starts to blacken. When cooked through, cut the pork into strips.

3 Arrange the lettuce leaves on a board, then divide the pork between them. Add the carrot and cucumber, then fold in both ends of the lettuce leaf and roll up from one side to enclose the filling. Serve with sweet chilli sauce.

PER SERVING 346 kcals, fat 19g, saturates 6g, carbs 21g, sugars 21g, fibre 2g, protein 21g, salt 1.2g

Cod & pea fritters

■ Serves 4 ■ Prep 20 mins plus chilling ■ Cook 15 mins

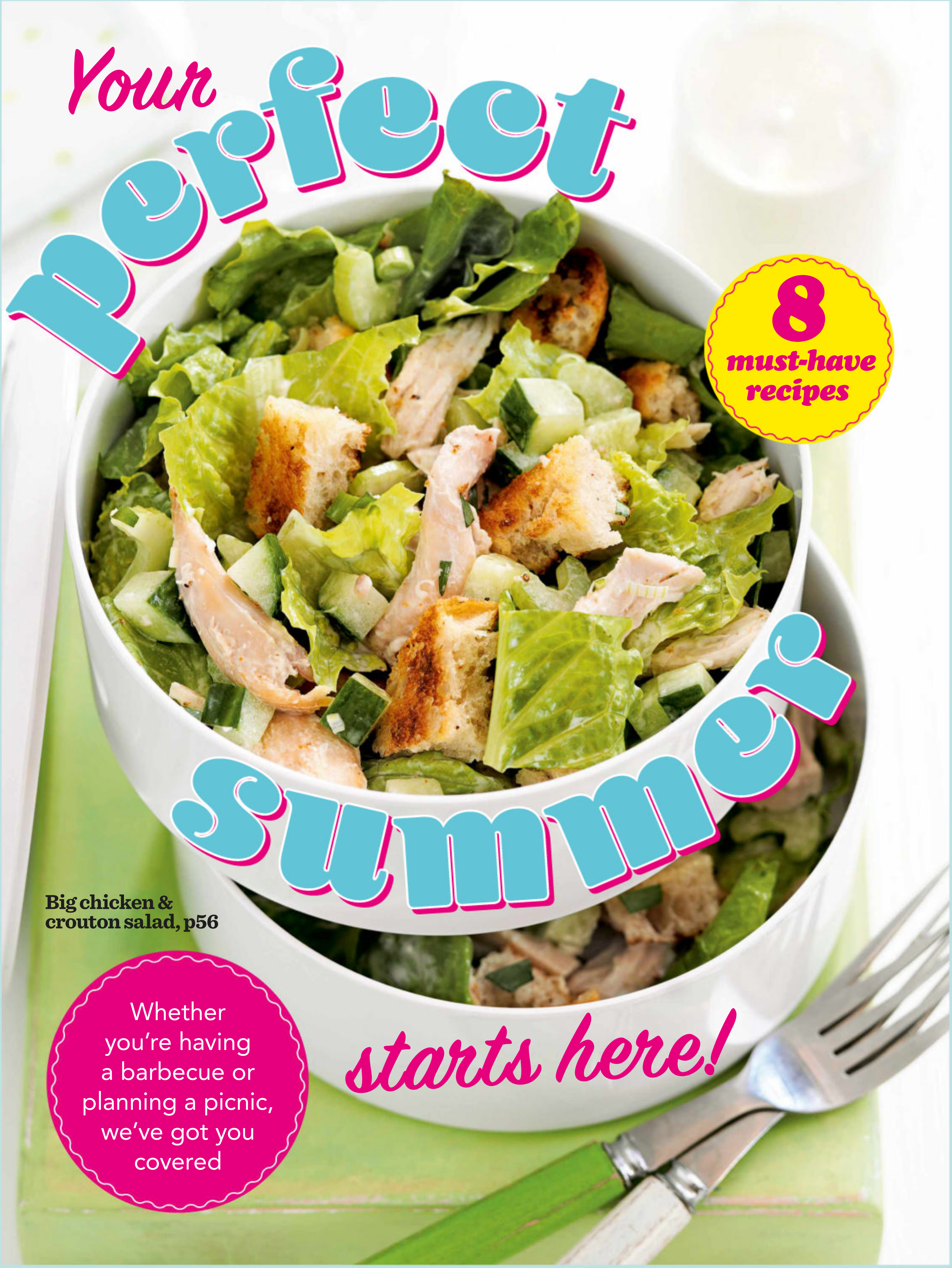
380g cod fillet
1 tsp butter
500g leftover mashed potato (you can use ready-made, but make sure it's a firm variety)
140g peas (defrosted if frozen)
handful of mint leaves, finely chopped
1 tbsp mayonnaise or Greek-style yogurt
3 tbsp plain flour
3 tbsp rapeseed oil
cherry tomatoes and rocket, to serve

1 Cut the cod into chunks. Melt the butter in a non-stick pan over a low-medium heat and gently cook the cod for about 5 mins until it starts to flake. Cool slightly, then flake the fish into a bowl and season. If the potato is cold, mash it well before adding to the fish along with the peas, mint and mayonnaise. Mix together. Flour your hands, then shape the mixture into eight patties. Dust both sides in the flour, then chill for at least 30 mins.

2 Heat the oil in a large frying pan over a medium heat and fry the fishcakes in two batches for 3-4 mins on each side, turning carefully with a fish slice until golden and crisp. Serve warm with cherry tomatoes and rocket.

PER SERVING 427 kcals, fat 21g, saturates 5g, carbs 34g, sugars 3g, fibre 4g, protein 22g, salt 0.4g

Your perfect summer starts here!



8 must-have recipes

Big chicken & crouton salad, p56

Whether you're having a barbecue or planning a picnic, we've got you covered

Puff pizza tart, p56

Big chicken & crouton salad

A shop-bought roasted chicken is a great summer cheat when it's too hot to turn the oven on.

- Serves 4
- Prep 20 mins
- No cook

1 roasted chicken
2 thick slices ciabatta, sourdough or crusty white bread
1 tbsp olive oil
1 large cos lettuce, shredded
1 celery stick, finely sliced
4 spring onions, finely chopped
½ cucumber, diced
90ml mayonnaise
1½ tbsp white wine or tarragon vinegar
small bunch of tarragon, chopped

1 Remove the skin from the chicken and pull the meat off the bones in chunks. Tear the meat into smaller pieces. Toast the bread, then brush over the oil. Roughly chop into chunky croutons.

2 Put the lettuce in a large bowl and scatter over the chicken, celery, spring onions and cucumber in layers. *Will keep chilled for up to 2 hrs.*

3 Mix the mayonnaise with the vinegar, and season well. Stir in the chopped tarragon, then spoon over the salad. Toss well, scatter with the croutons and serve.

PER SERVING 726 kcals, fat 46g, saturates 12g, carbs 18g, sugars 5g, fibre 3g, protein 61g, salt 4.1g

Easiest ever main-meal salad

Puff pizza tart

This supper requires just four main ingredients and can be assembled in minutes without a knife or chopping board in sight.

- Serves 4
- Prep 5 mins
- Cook 20 mins

375g sheet ready-rolled puff pastry
5 tbsp red pesto
70g sliced salami
125g ball mozzarella, torn
drizzle of extra virgin olive oil (optional)
handful of rocket, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 7. Unroll the pastry onto a large baking sheet and prick all over using a fork. Spread over the pesto, leaving a border of roughly 2cm around the edge. Layer on the salami, top with the mozzarella and some seasoning, then bake for 15-20 mins until the pastry is golden, risen and crisp. Drizzle over a little extra virgin olive oil and scatter over some rocket, if you like.

PER SERVING 597 kcals, fat 47g, saturates 19g, carbs 28g, sugars 1g, fibre 1g, protein 18g, salt 2.2g

So quick to assemble

Storecupboard recipe everyone will love

Quiche lorraine frittata

When the sun comes out, a picnic is too good an opportunity to miss. You should have almost all these ingredients or similar to hand, so there's no shopping required. Simply stuff the frittata into some bread or eat with a salad.

- Serves 6
- Prep 5 mins
- Cook 40 mins

8 rashers smoked streaky bacon or 175g ham, chopped
8 eggs
200ml milk
50g strong cheddar, grated, plus extra for sprinkling, if you like
bread, cherry tomatoes and salad, to serve

1 Heat the oven to 180C/160C fan/gas 4. If you're using bacon, cook it in a a large frying pan over a low-medium heat, stirring occasionally until golden and starting to crisp up.
2 Line a roughly 20 x 28cm roasting tin with baking parchment, scrunching it roughly at the corners. Whisk the eggs and milk together in a large jug or bowl, then stir in the bacon or ham, plus any fat from the pan, the cheese and some seasoning. Pour this into the tin, scatter over more cheese, if you like, and bake for 30-35 mins until golden and set. Serve hot, or leave to cool slightly or completely and eat with bread, cherry tomatoes or a salad.

PER SERVING 229 kcals, fat 17g, saturates 6g, carbs 2g, sugars 2g, fibre none, protein 17g, salt 1.3g

Help-yourself tuna rice salad

It can be hard to stick to regular mealtimes over the summer holidays, and this hearty salad is ideal for busy households. It keeps well in the fridge for up to three days and can be spooned into a bowl whenever you're feeling peckish.

■ Serves 8 ■ Prep 30 mins ■ No cook

900g cooked rice
2 x 200g cans tuna in springwater
200g frozen petits pois, defrosted
2 red peppers, peeled using a vegetable peeler (see tip below), deseeded and diced
3 tomatoes, chopped into small chunks
5 spring onions, finely sliced
bunch of flat-leaf parsley, chopped
large handful of pitted green olives, roughly chopped (optional)
4 tbsp mayonnaise
1 lemon, juiced
2 tbsp extra virgin olive oil

1 Break up the rice in a large bowl (if it has clumped together), then flake in the tuna. Mix in the peas, peppers, tomatoes, spring onions, parsley and olives, if using.

2 Stir in the mayo, lemon juice and olive oil, and season to taste. Cover or spoon into a large airtight container and chill until ready to serve.

PER SERVING 328 kcals, fat 10g, saturates 2g, carbs 49g, sugars 5g, fibre 2g, protein 14g, salt 0.2g

If your children like peppers but don't enjoy the tough skins, use a peeler to remove them – a swivel blade peeler works best.

Satisfying salad for anytime

Budget kids' favourite

Sticky ribs with roast potato salad

When the kids have friends over, this stack of ribs and spuds is a cheap, crowd-pleasing option that can be prepped ahead. Serve with a leafy salad.

- Serves 8
- Prep 20 mins
- Cook 2 hrs 10 mins

3 racks pork spare ribs, or about 1.5kg single pork spare ribs
1 small onion, diced
1 tbsp olive oil
1 garlic clove, crushed
2 tbsp smoked paprika
1 tsp mild chilli powder
300ml tomato passata
2 tbsp tomato purée
150ml cider, white or red wine vinegar
125g dark muscovado sugar
FOR THE POTATOES
1.5kg skin-on new potatoes
2 tbsp olive oil
1-2 rosemary sprigs, finely chopped, or a pinch of mixed dried herbs
2 tbsp white or red wine vinegar

1 Heat the oven to 150C/130C fan/gas 2. Put the ribs in a roasting tin in a single layer and just cover with water. Cover with foil and cook for 1 hr 30 mins. Drain well. Keep chilled and covered until ready to serve.

2 Meanwhile, fry the onion in the oil in a pan until soft. Add the garlic, smoked paprika and chilli powder and fry for 1 min. Add the passata, tomato purée, vinegar and sugar and bring to a simmer. Cook for 10 mins. If you are not using the sauce straightaway, cool and chill until needed.

3 Heat the oven to 220C/200C fan/gas 7. Brush the ribs all over with the sauce and lay on a baking sheet. Mix the potatoes with the oil, rosemary and seasoning in a large roasting tin. Roast for 40 mins on a middle shelf, with the ribs on the shelf above. Turn the ribs and potatoes over halfway through until both are nicely browned all over. Tip the potatoes into a large bowl, sprinkle over the vinegar and serve hot, warm or cold. Slice the ribs to serve and put any extra sauce into bowls for dipping.

PER SERVING 444 kcals, fat 17g, saturates 5g, carbs 52g, sugars 21g, fibre 2g, protein 23g, salt 0.5g

Toaster pitta pockets

If your kids and their friends can't wait for their next meal, these little pittas will keep them going in the meantime.

■ Serves 1 ■ Prep 5 mins plus toasting ■ No cook

1 mini pitta
1 tbsp soft cheese
1 tbsp grated cheddar
ham, tomatoes, sweetcorn, roasted red peppers from a jar, tuna or any of your favourite fillings

1 Toast the pitta for 30 seconds-1 min until just puffed but not crisp. Meanwhile, combine the cheeses. Slice an opening at one end of the pitta and use a teaspoon or knife to spread in the cheese mixture.

2 Add your preferred fillings, gently squash the pitta closed, then return to the toaster, cut-side up. Toast for 1-2 mins until golden and crisp.

PER SERVING (with ham and tomatoes) 333 kcals, fat 13g, saturates 7g, carbs 43g, sugars 4g, fibre 2g, protein 15g, salt 1.9g

Versatile snack

Steak, chips & quick pepper sauce

Treat yourself to this special solo supper if you're eating alone.

- Serves 1
- Prep 5 mins
- Cook 40 mins

2 tbsp olive oil
1 large skin-on potato, cut into chunky chips
1 fillet steak
1 tbsp red wine vinegar
125ml beef stock
2 heaped tbsp extra-thick double cream
peas, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put 1 tbsp oil in a roasting tin and heat in the oven. Boil the chips in salted water for 3 mins, then drain and steam-dry for a few minutes. Season, toss in the hot oil and cook for 30-35 mins until crisp and golden.

2 When the chips are nearly done, heat the rest of the oil in a frying pan. Season the steak with lots of freshly ground black pepper and a little salt, then fry for 2-3 mins each side, depending on how rare you like it. Set aside to rest for 5 mins while you make the sauce.

3 Pour any excess oil from the pan and tip in the vinegar. Bubble, add the stock and boil until reduced by half. Stir through the cream, bubbling to thicken a little, then add as much extra pepper as you like. Serve with the steak, chips and some peas.

PER SERVING 801 kcals, fat 54g, saturates 23g, carbs 37g, sugars 3g, fibre 3g, protein 44g, salt 0.5g

No-fuss version of a classic

BBQ chicken burgers

Enjoy a quick barbecue on a warm evening by defrosting some chicken breasts and making a storecupboard marinade.

- Serves 4
- Prep 10 mins
- Cook 15 mins

4 skinless, boneless chicken breasts
4 rashers bacon (optional)
4 large burger buns, sliced in half
lettuce, sliced tomatoes and sliced red onions, to serve
FOR THE MARINADE
4 tbsp tomato ketchup
4 tbsp brown sauce
splash of chilli sauce (optional)
2 tsp honey
2 garlic cloves, crushed

1 To make the sauce and marinade, mix all the ingredients together in a large bowl, then set aside a few spoonfuls. Slice halfway into the thickest part of each chicken breast and open each up like a book. Flatten down slightly with your hand, then drizzle over some of the marinade to coat. Chill for as little, or as long, as you have time.

2 Barbecue the chicken for 10 mins until cooked through, turning so it doesn't burn, but is nicely charred and sticky. Cook the bacon, if using, at the same time until crisp. Toast the buns. Assemble the burgers and top with the lettuce, tomato and onion, then serve with the reserved spoonfuls of sauce on the side for dolloping on top.

PER SERVING 406 kcals, fat 6g, saturates 2g, carbs 48g, sugars 8g, fibre 2g, protein 43g, salt 1.9g

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Faster than a takeaway

Make an Indian feast in a flash with **Anjula Devi**'s recipes – each dish can be ready in 15 minutes or less!

Chaat masala potatoes

Chaat masala is an incredible blend of spices with many different variations. It's a very popular masala in Indian street food, and is zingy, tangy, salty and spicy.

■ Serves 4 ■ Prep 3 mins ■ Cook 12 mins VEGETARIAN

4 large potatoes
2 green chillies, or to taste
2 tbsp vegetable oil
1 tsp cumin seeds
2 tsp garlic paste
1 tsp ginger paste
2 tbsp tomato purée
1 tbsp chaat masala
large handful of coriander
½ lemon, juiced
TO SERVE
Mango pulp & lime juice rotis (see recipe on p66) or natural yogurt and a leafy salad (optional)

1 Fill and boil the kettle. Peel and cut the potatoes into 1cm cubes. Slit the chillies lengthways.
2 Heat a wok over a high heat, then add, in order: 200ml hot water from the kettle, the oil, cumin seeds, diced potatoes, garlic paste, ginger paste, green chillies, tomato purée and fine sea salt to taste. Stir, then cover with a lid and cook for 7 mins.
3 Remove the lid from the wok, add the chaat masala, stir and cook, uncovered, for another 5 mins, or until the potatoes are fork tender. Meanwhile, chop the coriander.
4 Switch off the heat, then add the coriander and lemon juice. Serve with mango pulp & lime juice rotis (see recipe on p66) or yogurt and salad.

Ready in
15
mins

Ready in 3½ mins

Mango pulp & lime juice rotis

■ Makes about 16 rotis ■ Prep 2 mins ■ Cook 80 seconds per roti
VEGETARIAN FREEZABLE dough balls only

200g mint, chopped
2 limes, juiced
300g can sweetened mango pulp
370g atta (chapati) flour, plus extra for dusting
2 tbsp ghee or avocado oil, plus extra for basting

1 Combine the mint, lime juice, mango pulp, flour and ghee in a large bowl. Bring the ingredients together using your hands, then knead to create a soft, pliable dough. This should take 6 mins.

2 Divide the dough into roughly 16 portions (about 50g of dough per roti) and shape into smooth balls. Keep aside any that you want to cook now, and put the rest in the freezer to make later.

3 Put the dough balls in some flour, flatten down, then turn over to coat the other side in flour. Roll each ball out to about 15cm in diameter. Repeat until you have rolled out the remaining dough balls.

4 Heat a tawa or griddle pan over a medium-high heat and cook the rotis, one at a time, for about 40 seconds, then turn and cook for 40 seconds on the other side, brushing with a little ghee or oil on both sides. Continue cooking and turning until golden brown and crispy at the edges.

Ready in
15
mins

Quick vegetable rice with cardamom

My dad and I would make a huge pot of this rice in our back garden, and everyone was welcome to join us. Most of the kids on our street ended up in our back garden when dad and I cooked. Most of the parents knew exactly where to find their kids if they'd missed curfew.

■ Serves 4 ■ Prep 3 mins plus resting ■ Cook 7 mins **VEGETARIAN**

280g basmati rice
2 tbsp ghee or oil
260g frozen mixed vegetables
2 tbsp shop-bought fried onions
1cm piece of cinnamon stick
1 Indian bay leaf
2 tsp cumin seeds
2 tsp garlic paste
1 tsp ground turmeric
2 tbsp sundried tomato purée
1 tsp ground cardamom
½ lemon, juiced
TO SERVE
lemon wedges (optional)

1 Fill and boil the kettle, and give the rice a quick rinse. Heat a wok over a low heat, then add, in order: 850ml hot water from the kettle, the rice, ghee or oil, the vegetables, fried onions, cinnamon, bay leaf, cumin seeds, garlic paste, turmeric, tomato purée, sea salt to taste, ½ tsp ground black pepper and the cardamom.

2 Turn up the heat to high and cook until almost all the liquid has evaporated, about 7 mins.

3 Switch off the heat and squeeze over the lemon juice. Put a clean tea towel over the wok and cover with a lid. Leave to rest undisturbed for 5 mins before serving with lemon wedges alongside for squeezing over.

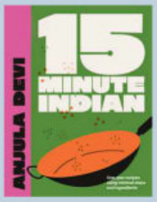
Ready in
10
mins

Hariyali monkfish

■ Serves 4 ■ Prep 3 mins ■ Cook 7 mins

6 monkfish fillets
1 tbsp coconut oil
FOR THE MARINADE
1 tsp ginger paste
1 tsp garlic paste
1 tsp honey
1 tbsp coconut oil
handful of coriander, plus extra to garnish
handful of basil
handful of dill, plus extra to garnish
handful of flat-leaf parsley
2 tsp garlic paste
1 tsp cumin seeds
2 tsp coriander seeds
1 tsp fennel seeds
1 green chilli, or to taste
1 small lime, juiced

1 Cut the fish into bite-sized chunks and put on a sheet of kitchen paper. Put all the marinade ingredients and a pinch of fine sea salt in a blender. Blitz until smooth.
2 Pour the marinade over the monkfish and mix well. Heat a wok over a high heat until smoking hot, then turn down the heat to medium and tip in the coconut oil.
3 Stir-fry the fish for 5-7 mins, or until the fish is cooked through, tossing occasionally. Switch off the heat, garnish with coriander and dill and serve.



Recipes adapted from *15 Minute Indian* by Anjula Devi (£22, Carnival) and not retested by us. Photographs by Tom Regester.

Fine green beans with chilli courgettes

■ Serves 4 ■ Prep 3 mins plus resting ■ Cook 6 mins **VEGETARIAN**

4 courgettes
200g fine green beans
large handful of dill
2 green chillies, or to taste
2 tbsp ghee or vegetable oil
1 tsp fenugreek seeds
1 tsp brown mustard seeds
1 tsp cumin seeds
2 tsp garlic paste
2 tsp ginger paste
2 tbsp shop-bought fried onions
2 tbsp tomato purée
1 tsp ground turmeric
chilli powder, to taste
1 tbsp shop-bought hot mango pickle
1 tsp ground coriander
½ lemon, juiced

1 Dice the courgettes into 1cm cubes. Trim the green beans and chop into 1cm lengths. Chop the dill and slit the green chillies lengthways.
2 Heat a wok over a high heat, then add, in order: the ghee; fenugreek, brown mustard and cumin seeds; the garlic and ginger pastes; the green chillies and fried onions. Fry for 1 min.
3 Reduce the heat to medium, then add, in order: the green beans, courgettes, tomato purée, turmeric, chilli powder, hot mango pickle and sea salt to taste. Stir-fry for 5 mins, tossing occasionally.
4 Switch off the heat and add the dill, ground coriander and lemon juice. Toss well, then cover with a lid and rest for 2 mins before serving.

Ready in 11 mins

James Martin's summer Sundays

"I love a Sunday roast, but when it's warm, I like to serve summery sides and eat outside. My pork dish is so simple to prep, while the herby chicken can also be cooked on the barbecue." **James Martin**

Slow-roast pork with apples & peppers

This is a no-effort dish with only 20 minutes prep, just right for cooking on a warm day when you might not want to spend too much time in the kitchen.

- Serves 8
- Prep 20 mins
- Cook 4 hrs 10 mins

2-2.25kg pork shoulder joint (or 2 x 1kg joints), scored and tied
50g butter, softened
3 tbsp demerara sugar
3 tbsp wholegrain mustard
3 onions, thinly sliced
2 small eating apples (such as Braeburns), quartered, cored and thinly sliced
7-8 red, yellow and/or orange peppers, cored, deseeded and quartered
a few bay leaves
3 tbsp cider vinegar
3 tbsp olive oil
2 tbsp wholegrain mustard
2 tbsp demerara sugar

1 Heat the oven to 160C/140C fan/gas 3. Sit the pork on a sheet of foil in a roasting tin. Mix the butter, sugar and mustard with 2 tsp salt, rub over the top and ends of the joint, then scrunch up the foil to seal tightly into a parcel.

2 Combine the onions and apples in a large, shallow roasting tin. Scatter over the peppers and poke in some bay leaves. Mix the vinegar, oil, mustard and sugar with 100ml water, and drizzle this over everything. Roast the pork for 3 hrs 30 mins while you cook the peppers on the shelf below for the first 2 hrs. When you remove the apples and peppers after 2 hrs, set aside and put the salt-baked potatoes (see recipe, right) into the oven underneath the pork instead.

3 After 3 hrs, unwrap the foil from the pork. Scrape any mustard mixture stuck to the foil back onto the pork, sit it and any juices back in the tin and turn up the oven to 200C/180C fan/gas 6. Roast for 30-45 mins more until the skin is brown and starting to crisp up. Remove from the oven, cover and rest for 20 mins while you put the peppers back on the top shelf for 20 mins to finish. Thickly slice the pork and serve alongside the apples and peppers, with any roasting juices poured over.

PER SERVING 644 kcals, fat 39g, saturates 15g, carbs 24g, sugars 22g, fibre 4g, protein 51g, salt 0.8g

"Served straight from the oven with stewed apples and peppers, roast pork on a sunny day is a fantastic meal – and just as good eaten cold, too."

Salt-baked potatoes

- Serves 8 as a side
- Prep 5 mins
- Cook 2 hrs 30 mins

2 egg whites, lightly beaten
4 tbsp sea salt
8 large baking potatoes, each pricked 2-3 times with a fork
butter, to serve, if you like

1 Heat the oven to 160C/140C fan/ gas 3. Put the beaten egg white and salt in two separate, shallow bowls. Dip each potato into the egg white to coat, then dab into the salt to cover in patches. Carefully put the potatoes onto a baking sheet, pressing on any remaining salt, then bake for 1 hr 30 mins. When you turn up the oven temperature for the pork, leave the potatoes in and bake for a further hour at 200C/ 180C fan/ gas 6. Scrape off as little or as much of the salt as you like before eating.

PER SERVING 153 kcals, fat none, saturates none, carbs 34g, sugars 1g, fibre 3g, protein 5g, salt 3.8g

A little prep, then let your oven do all the work

Herby lemon chicken with Tuscan beans

■ Serves 4-6 ■ Prep 50 mins
■ Cook 1 hr 10 mins

1 large chicken (between 1.5kg-2kg)
1 lemon, zested and juiced
3 tbsp olive oil
2-3 thyme sprigs, some leaves stripped, some sprigs pulled into pieces
FOR THE BEANS
140g cubetti di pancetta
4 celery sticks, finely chopped
2 fat garlic cloves, sliced
4 x 400g cans butter beans, drained and rinsed
1 thyme sprig
small glass of white wine (about 125-150ml)
300ml chicken stock
small bunch of flat-leaf parsley, chopped

1 First, spatchcock the chicken (see our step-by-step guide, opposite). Sit the chicken in a baking dish or roasting tin. Mix the lemon zest and juice, oil, thyme and some black pepper together, then rub this all over the chicken. Cover. *Will keep chilled for up to a day.*

2 Fry the pancetta in a pan until golden – you shouldn't need any extra oil if you start slowly. When it's crisp, lift out using a slotted spoon, then tip in the celery and garlic and cook in the leftover fat for 10-12 mins until both have softened. Scrape into a deep, medium roasting tin or baking dish with the pancetta, beans, thyme, wine, stock and plenty of seasoning. Set aside until ready to cook.

3 Heat the oven to 200C/180C fan/gas 6. Transfer the chicken to a rack, breast-side up, that will rest above the beans (sit the beans on a large baking sheet if the chicken overhangs at all, to keep your oven clean). Season the chicken with salt and roast for 40-50 mins until cooked – cut into one of the legs to check that the juices run clear. Lift the chicken out to rest for 10 mins. If the beans are a bit soupy, transfer to the hob and simmer for a minute to reduce.

4 To serve, cut the legs, thighs and wings from the chicken, then thickly carve or tear off the breast in chunks. Check the beans for seasoning, then stir through the parsley and serve with the chicken.

PER SERVING (4) 648 kcals, fat 35g, saturates 11g, carbs 18g, sugars 3g, fibre 6g, protein 64g, salt 3.6g

Pickled green beans

■ Serves 6 as a side ■ Prep 10 mins
■ Cook 3 mins

450g green beans, trimmed
4 shallots, finely sliced
1½ tbsp olive oil
3 tbsp red wine vinegar
1½ tbsp golden caster sugar
1 tbsp white or yellow mustard seeds

1 Cook the beans in a pan of boiling salted water until tender but still retaining a bit of bite. Drain, plunge into cold water to cool, then drain again. Tip into a bowl lined with kitchen paper, then cover with another sheet of kitchen paper until ready to serve.

2 Mix the shallots, olive oil, vinegar, sugar and mustard seeds together with some seasoning, then set aside.

3 To serve, toss the dressing through the beans in a serving bowl.

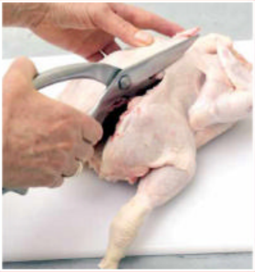
PER SERVING 68 kcals, fat 4g, saturates none, carbs 7g, sugars 6g, fibre 2g, protein 2g, salt none

Sunny day? Cook Sunday lunch on the barbecue

Heat the barbecue and cook the chicken for 20-25 mins each side until golden, crisp and cooked through. If your barbecue has a lid, pull it down. If it doesn't, upturn a large roasting tin or baking dish over the chicken as it cooks.

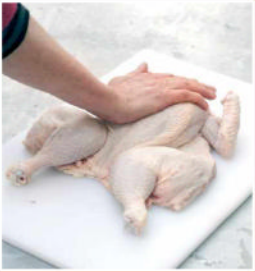
Meanwhile, cook the beans in the oven as in the recipe, stirring in a splash more stock towards the end if they look at all dry, and adding in any resting juices from the chicken before serving.

HOW TO SPATCHCOCK A CHICKEN



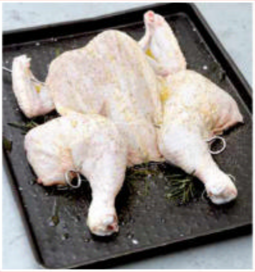
Step 1

Put the chicken on a board, breast-side down. Using kitchen scissors, cut along either side of the backbone to remove it. Open out the chicken and flip it over.



Step 2

Use your hands to push down, lightly crush and flatten the chicken – this helps it cook evenly.



Step 3

To help the chicken hold its shape as it cooks, you can skewer it from the left leg to the right wing, and from the right leg to the left wing.

John's jambalaya

Invite friends round to share **John Torode**'s take on a classic Creole rice dish. Packed with chicken and seafood, it's a total crowd-pleaser

This recipe's Creole roots call for a generous use of dried herbs and spices, so don't be stingy! Make sure you discard any mussels or clams that stay open prior to cooking, or that don't open once they're cooked.

- Serves 4-6
- Prep 20 mins
- Cook 50 mins

2 tbsp olive oil
6 skinless chicken thigh fillets, chopped
200g cooking chorizo, sliced
2 onions, finely sliced
4 garlic cloves, crushed
2 red peppers, sliced
2 celery sticks, chopped
1 tsp thyme leaves
1 tsp dried oregano
½ tsp garlic salt
1 tsp smoked paprika
1 tsp cayenne pepper
½ tsp mustard powder
pinch of white pepper
300g long-grain rice
400g can cherry tomatoes
300ml chicken stock
12 large raw tiger prawns (whole in their shells)
12 mussels, cleaned and de-bearded
24 clams
½ small bunch of parsley, chopped
4 spring onions, sliced on a diagonal

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a heavy-based flameproof casserole dish over a medium-high heat. Season the chicken and cook for 4 mins until starting to brown, stirring occasionally so they don't stick. Add the chorizo and cook for a further 4 mins until it releases its oils and starts to crisp. Remove the chicken with a slotted spoon and set aside on a plate.

2 Tip the onions into the chorizo oils, lower the heat and soften for 8 mins. Stir through the garlic, peppers, celery, thyme and oregano, and cook for 2 mins more.

3 Return the chicken to the dish, add the garlic salt, paprika, cayenne pepper, mustard powder and the white pepper, and cook for 2 mins until fragrant. Stir in the rice, then the tomatoes. Add the stock and give it a really good stir. Bring to the boil and cover with a well-fitting lid, then bake in the oven for 20 mins.

4 Fluff up the rice using a big fork. Fold through the prawns, then put the mussels and clams on top. Put the lid on, return to the oven for 10 mins, then take the dish out and stir well. Sprinkle over the parsley and spring onions before serving.

PER SERVING (6) 539 kcals, fat 20g, saturates 6g, carbs 50g, sugars 8g, fibre 5g, protein 37g, salt 2.8g

Fragrant one-pot wonder

"Similar to paella, jambalaya is a simple rice and seafood stew, but with a Louisiana Creole mix of French and Spanish flavours. Traditionally, it's made with smoked sausage and the Creole holy trinity of celery, onions and peppers, but tomatoes and other vegetables are often added. My version is a little more opulent than some, but the beauty of this dish is that you can add or leave out any type of seafood you like."

Strawberry season is in full swing, so make the most of the sweet red fruits with our selection of cakes, bakes and more

Berrisimo!

Strawberry & mint afternoon tea cake

■ Serves 8 ■ Prep 15 mins plus cooling and setting ■ Cook 25 mins VEGETARIAN

1 tbsp mint leaves, plus extra to decorate
60g butter, melted, plus extra for the tin
120g golden caster sugar
2 eggs
120g plain flour, sifted
½ jar strawberry jam (about 150g)
227g clotted cream
200g strawberries, hulled and sliced, plus a few small whole berries to decorate
100g icing sugar
few drops of mint extract (optional)

1 Blitz the mint leaves and sugar together in a food processor until finely chopped. Butter two 18cm sandwich tins and line with baking parchment. Heat the oven to 180C/160C fan/gas 4.
2 Whisk the eggs and mint sugar together until the mixture is thick enough to hold a trail. It should look like foam with small bubbles – this will take up to 10 mins, so a stand mixer will help. Sift over some of the flour and fold in carefully, then add more flour and some of the butter. Keep folding in the flour and butter until everything is incorporated – be careful not to squash out the air bubbles. Carefully scoop the mixture into the tins and bake for 20-25 mins until the cakes are risen, lightly browned and spring back when pressed lightly. Cool in the tin for 5 mins, then cool fully on a wire rack.
3 Spread the jam over one of the cakes, then spread over the clotted cream and top with the sliced strawberries. Sandwich with the second cake. Mix the icing sugar with enough water to make a glacé icing (flavour with the mint extract, if you like, one drop at a time) that you can spoon over the cake. Run the icing back and forth across the top to make a cross-hatch pattern, then leave to set. Decorate with the whole strawberries and mint leaves.

PER SERVING 529 kcals, fat 25g, saturates 15g, carbs 69g, fibre 1g, protein 4g, salt 0.2g

Praline meringue cake with strawberries

■ Serves 12 ■ Prep 30 mins plus 1 hr cooling ■ Cook 1 hr **VEGETARIAN**
FREEZABLE meringues only

175g whole almonds, toasted
225g golden caster sugar
225g light muscovado sugar
6 egg whites
1 tbsp cornflour
2 tsp white wine vinegar
1kg strawberries, hulled and halved, or quartered if large
50g icing sugar, plus extra to decorate
568ml double cream

1 Heat the oven to 140C/120C fan/gas 1 and line two baking sheets with baking parchment. Blitz two-thirds of the nuts in a food processor until finely chopped. Roughly chop the remaining nuts using a knife.
2 Stir the sugars together. Beat the egg whites using a hand blender until stiff, then add the sugar mixture in three parts, beating after each addition. Add the cornflour and vinegar, and beat until the mixture is glossy and stiff enough that the beaters begin to feel heavy – this can take up to 5 mins.
3 Fold in all the finely chopped nuts and most of the roughly chopped ones, then divide between baking sheets. Spread into 20cm circles and scatter over the remaining nuts. Bake for 1 hr, turn off the oven and cool inside for at least 1 hr. Leave the oven door closed to help prevent cracking. *Will keep overnight in an airtight container or wrapped and frozen for a month.*
4 To make the sauce, purée 600g strawberries in a food processor. Press through a sieve, then mix with 2 tbsp icing sugar. *Can be made up to a day ahead.* Sieve the remaining icing sugar into the cream, whip until it just holds its shape, then swirl through two-thirds of the sauce.
5 Spread half the cream over one meringue. Top with the second, then spoon over the rest of the cream and top with the remaining strawberries. Dust with icing sugar and serve with the rest of the sauce.

PER SERVING 533 kcals, fat 35g, saturates 15g, carbs 51g, sugars 50g, fibre 2g, protein 7g, salt 0.1g

Strawberry & passion fruit meringue roulade

If you are not confident about rolling a roulade, make small individual portions instead. Put eight dollops of meringue on a lined baking sheet and bake for the same time at the same temperature, then top with the filling ingredients.

■ Serves 8 ■ Prep 25 mins plus cooling ■ Cook 15 mins **VEGETARIAN**

4 egg whites
200g golden caster sugar
200g lemon curd
3 passion fruits (strain the seeds and retain the seeds and juice)
150ml double cream
10 strawberries, hulled and chopped
icing sugar, to decorate

1 Heat the oven to 180C/160C fan/gas 4 and line a swiss roll tin (about 23 x 30cm) with baking parchment. Whisk the egg whites with a pinch of salt in a bowl until stiff. Slowly add the caster sugar, whisking continuously until stiff and glossy. Spoon evenly into the tin and bake for 15 mins until crisp on the outside. Remove and leave to cool completely.
2 Lay out a sheet of baking parchment and flip the meringue out onto it. Carefully remove the parchment from the back and discard. Spread over the lemon curd and passion fruit seeds. Whip the cream with the passion fruit juice and spread this over the lemon curd. Sprinkle over the strawberries. Roll the meringue up lengthways, using the parchment to help turn it over. Put on a serving tray and dust with icing sugar.

PER SERVING 275 kcals, fat 11g, saturates 5.6g, carbs 43g, fibre 0.4g, protein 2.4g, salt 0.1g

Strawberry ice lollies

Use up fruit that's past its best in these lollies - any mushy bits can be easily trimmed away.

- Makes 6
- Prep 10 mins plus 4 hrs freezing
- No cook

VEGETARIAN

400g strawberries, hulled and roughly chopped
150g natural yogurt
30g caster sugar or 2 tbsp honey (or to taste)

1 Tip the strawberries into a blender, food processor or smoothie maker and blitz to a purée. Add the yogurt, blitz again to combine, then taste and add as much sugar or honey as needed – this will depend on the ripeness of the fruit as well as your personal taste.
2 Divide the mixture evenly between the holes of a six-hole ice lolly mould – they should be filled to the brim. Insert the lolly sticks and freeze for 4 hrs, or until solid. *Will keep frozen for up to a month.*

PER SERVING 65 kcals, fat 1g, saturates 0.5g, carbs 11g, fibre 3g, protein 2g, salt 0.05g

Strawberry jellies

- Serves 6
- Prep 10 mins plus chilling
- Cook 2 mins

VEGETARIAN

500g strawberries, hulled and finely chopped
500ml clear apple juice
6 gelatine sheets or vegetarian alternative
142ml double cream, lightly whipped

1 Put the strawberries in a saucepan with the apple juice. Bring to a simmer and cook for 2 mins. Turn off the heat. Strain the mixture into a jug, but don't press down on the strawberry mixture or the juice will become cloudy.
2 Meanwhile, soak the gelatine in cold water until softened, then lift out and stir into the hot juice mixture. Divide between glasses or glass bowls, and chill until set. Serve with a dollop of cream on top.

PER SERVING 175 kcals, fat 12g, saturates 7.1g, carbs 13g, fibre 0.9g, protein 2g, salt none

Strawberry cream tea cake

■ Serves 6 ■ Prep 30 mins plus cooling ■ Cook 20 mins VEGETARIAN

175g butter, frozen, plus extra softened butter for the tin
250g self-raising flour, plus extra for dusting
1 tsp baking powder
50g golden caster sugar, plus extra for sprinkling
150ml cold whole milk
squeeze of lemon juice
1 beaten egg, for glazing
FOR THE TOPPING
350g strawberries, hulled and sliced
50g golden caster sugar, plus extra for sprinkling
1 tbsp strawberry jam
140g clotted cream
small drop of vanilla extract

1 Heat the oven to 220C/200C fan/gas 7. Grate the butter into a bowl using the coarse side of a box grater, then freeze again for 5 mins. Quickly mix the frozen butter into the flour, baking powder and sugar using a spatula. Add the milk and lemon juice, then bring together to make a butter-speckled dough. Knead the dough a few times on a floured surface. Roll out to a circle, press into a lightly buttered 20cm sandwich tin, brush the top with the beaten egg and scatter over extra sugar. Bake for 20 mins until risen and golden, then transfer to a wire rack to cool completely.

2 Meanwhile, toss the strawberries with a sprinkling of the sugar and the jam in a bowl, then set aside. Whisk the clotted cream, 50g caster sugar and the vanilla extract together in a separate bowl until stiff.

3 To assemble the cake, put the scone base on a serving plate and spread over the cream, leaving the edge of the cake showing. Pile the strawberries on top and cut into wedges to serve.

PER SERVING 609 kcals, fat 41g, saturates 25g, carbs 58g, sugars 27g, fibre 2g, protein 6g, salt 1.1g

Dreamy & creamy

Make a showstopping cheesecake for your next get-together, whether you prefer fresh and fruity or more indulgent flavours

New York baked ripple cheesecake, p84

Eton mess cheesecake, p84

New York baked ripple cheesecake

■ Serves 10 ■ Prep 30 mins plus cooling and 2 hrs chilling
■ Cook 1 hr **VEGETARIAN**

150g ginger biscuits
45g butter, melted, plus extra for the tin
250g frozen berries, defrosted
300g golden caster sugar
600g soft cheese
150ml soured cream
2 eggs
1 tsp vanilla extract

1 Blitz the biscuits to crumbs using a food processor. Tip in the melted butter and blitz again. Press the crumbs into the base of a lightly buttered 22cm springform tin and chill while you make the filling.
2 Put the berries in the food processor, blitz to a purée, then sieve into a bowl. Put the purée and 50g sugar in a pan. Heat gently until the sugar has dissolved, then boil the mixture for 5 mins until thick and syrupy.
3 Heat the oven to 140C/120C fan/gas 1. Put the soft cheese in a bowl and whisk to soften. Add the soured cream, eggs, the rest of the sugar and the vanilla, and whisk until smooth. Pour the filling over the biscuit base. Drizzle over the berry purée and gently swirl using a cutlery knife to create a rippled effect. Bake for 1 hr, then turn off the oven and leave the cheesecake to cool completely inside (this should help stop cracks from forming). Chill for 2 hrs or overnight before cutting.

PER SERVING 458 kcals, fat 28g, saturates 17g, carbs 42g, fibre 0.8g, protein 7.3g, salt 0.7g

Eton mess cheesecake

■ Serves 10 ■ Prep 15 mins plus 3-4 hrs chilling
■ Cook 10 mins **VEGETARIAN**

200g oat biscuits
50g unsalted butter, melted
200g white chocolate, roughly chopped
200ml double cream
200g full-fat soft cheese
150g mascarpone
200g raspberries
FOR THE TOPPING
200ml double cream
2 tbsp icing sugar
300g raspberries
3 large shop-bought meringues, roughly broken into pieces

1 Put the biscuits in a food processor and blitz to crumbs, then add the butter and briefly blitz again. Press evenly into the base of a 20cm non-stick springform tin and chill while you make the filling.
2 Gently melt the chocolate in a heatproof bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water. Or, do this in short bursts in the microwave. Cool slightly.
3 Beat the cream, soft cheese and mascarpone in a bowl using a wooden spoon until it thickens – don't overbeat, or it will be too stiff. Stir in the melted chocolate until smooth. Spoon over the base, add the raspberries, then chill for at least 3-4 hrs or overnight.
4 To make the topping, softly whip the cream with 1 tbsp icing sugar. Blitz 100g raspberries with the rest of the icing sugar to a purée, then push through a sieve. Pile the cream, meringue pieces and remaining raspberries over the cheesecake and drizzle over the raspberry sauce.

PER SERVING 595 kcals, fat 47g, saturates 28g, carbs 33g, sugars 26g, fibre 2.8g, protein 6.3g, salt 0.4g

Peanut butter cheesecake loaf

- Serves 8 - Prep 10 mins plus 2 hrs chilling - Cook 15 mins VEGETARIAN

neutral-tasting oil (such as vegetable), for the tin
5 gelatine leaves or vegetarian alternative
600g full-fat soft cheese
240g smooth peanut butter
240g golden syrup
75ml milk
25g butter
100g milk or dark chocolate, plus extra to decorate (optional)
80g digestive biscuits

1 Oil a large loaf tin (900g) and line with baking parchment. Soak the gelatine in a bowl of cold water for 3 mins until soft. In a separate bowl, combine the soft cheese, peanut butter and golden syrup until smooth.

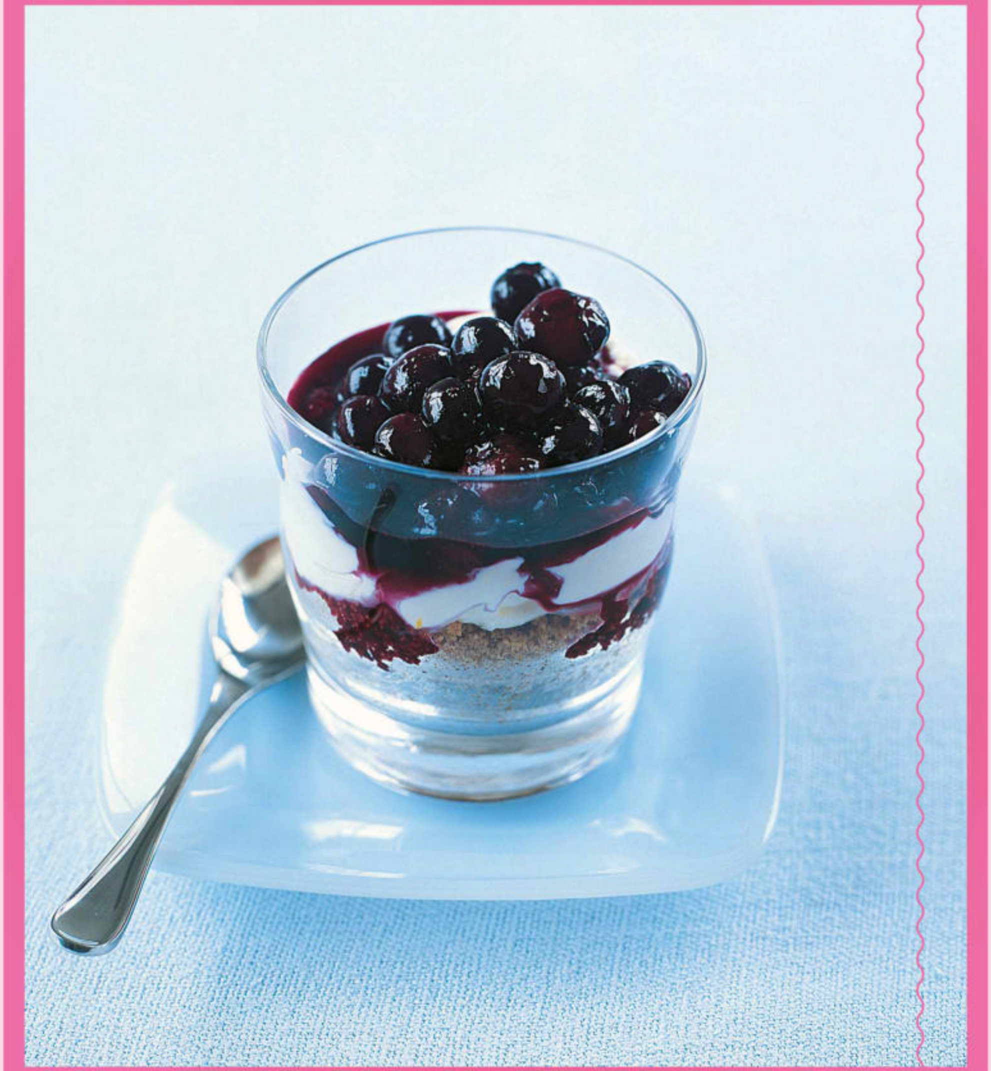
2 Lift out the gelatine and shake off any excess water. Put in a pan over a low heat, add the milk and heat gently until the gelatine dissolves. Stir this into the peanut mixture until evenly combined, then pour into the tin.

3 Melt the butter and chocolate together in a pan over a low heat. Crush the biscuits by bashing in a sealed food bag using a rolling pin. Mix the crumbs into the melted chocolate mixture until well coated.

4 Spoon the biscuit mixture over the peanut butter filling, gently smoothing it into a flat, even layer (this will be the base). Chill for 2 hrs until firm. Invert onto a chopping board and decorate with extra chocolate, if you like.

PER SERVING 615 kcals, fat 42g, saturates 20g, carbs 41g, sugars 35g, fibre 2.6g, protein 14g, salt 1.2g

The winning combination of golden syrup and peanut butter adds a sweet and salty decadence to this cheesecake. The biscuit base will be quite firm, so use a sharp knife to slice and push down hard.



Blueberry cheesecake brûlée pots

- Serves 4
- Prep 10 mins plus 1 hr 30 mins chilling
- Cook 10 mins VEGETARIAN

140g blueberries
50g caster sugar
pinch of ground cinnamon
½ lemon, zested and juiced
1 tsp cornflour, mixed to a paste with 1 tsp cold water
200g light soft cheese
150g 0% fat Greek-style yogurt
1 tsp vanilla extract
4 light digestive biscuits, crumbled
4 tbsp demerara sugar

1 Put the blueberries in a saucepan with 1 tbsp caster sugar, the cinnamon and lemon juice. Cook, covered, for 5 mins until the berries are soft and juicy. Add the cornflour paste and cook, stirring until thickened. Divide between four heatproof dishes and leave to cool for 10 mins.

2 Whisk the soft cheese, yogurt, vanilla and lemon zest with the remaining caster sugar in a bowl. Divide the biscuit crumbs between the dishes with the blueberries, then top with the cheesecake mixture. Cover and chill for 1 hr.

3 Heat the grill to high. Sprinkle each cheesecake with 1 tbsp demerara sugar, then mist with a little water – this speeds up the caramelisation. Slide under the grill for 1-2 mins, or until the sugar has just melted (or use a cook's blowtorch). Return the pots to the fridge to chill for 30 mins, or for up to a day before serving.

PER SERVING 290 kcals, fat 8g, saturates 4g, carbs 48g, sugars 39g, fibre 1g, protein 9g, salt 0.8g

Salted caramel cheesecake

■ Serves 12 ■ Prep 20 mins plus 2 hrs cooling ■ Cook 50 mins VEGETARIAN

50g butter, melted, plus extra for the tin
200g chocolate digestives
750g soft cheese
300g caramel sauce from a tin or jar
1 tsp vanilla extract
150g golden caster sugar
2 tbsp plain flour
4 medium eggs

1 Heat the oven to 180C/160C fan/gas 6. Butter a 23cm springform cake tin and line the base with baking parchment. Tip the biscuits into a food processor, blitz to crumbs and pour in the melted butter. (You could also tip the biscuits into a food bag, bash with a rolling pin and mix in the butter.) Press the biscuit mixture into the base of the tin. Put the tin on a tray and bake for 10 mins, then remove from the oven and cool.

2 Meanwhile, put the soft cheese in a bowl with 3 tbsp caramel sauce, the vanilla, sugar and flour, and beat until smooth. Beat in the eggs, one at a time, until you have a thick, smooth, custard-like consistency. Spoon this over the biscuit base, scraping the bowl clean, then bake for 10 mins. Turn the oven temperature down to 140C/120C fan/gas 1 and bake for 25-30 mins more until set with a slight wobble in the centre. Turn off the oven and leave the cheesecake to cool completely inside with the door slightly ajar. This should result in a completely smooth top, but if there are a couple of small cracks, don't worry. *Will keep chilled for two days.*

3 Loosen the sides of the cheesecake from the tin using a knife and remove the base. Add a large pinch of sea salt flakes to the remaining caramel sauce, then spoon this over the cake and swirl using the back of the spoon. The cheesecake will sit happily on a stand at room temperature for a couple of hours. Just before serving, sprinkle over extra sea salt, if you like.

PER SERVING 435 kcals, fat 26g, saturates 16g, carbs 41g, sugars 31g, fibre 1g, protein 9g, salt 0.7g

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next month

HOLIDAY SPECIAL!

- Paella mixta
- Barbecued fish with lemon & rosemary
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JUNE

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We do not nutritionally analyse book extracts, and some of our recipes may not state the salt and sugar content

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Jam-packed

Use your favourite flavour of this pantry staple to make simple, fruity treats

Hot berry crêpes

Spread **2 shop-bought crêpes**, warmed, with a little **mascarpone** and **raspberry jam**. Add a few **raspberries**, roll up and enjoy. Serves 1.

Hot raspberry sauce

Tip 1 jar **seedless raspberry jam** into a pan with 2 tbsp water. Melt until smooth and bubbling. Serve hot or cold on ice cream. Serves 8.

Mini jam tarts

Roll out **500g sweet shortcrust pastry** on a lightly floured surface. Stamp out 20 x 5cm circles and use to line two mini muffin trays. Prick each all over with a fork and spoon **1 tsp jam** into each – use any flavour you like. Bake at 200C/180C fan/gas 6 for 12-15 mins. Makes 20.

Strawberry jam ripple ice cream

Whisk **600ml double cream** until it holds its shape, then slowly beat in a **395g can condensed milk** and **½ tsp vanilla extract**. Add the **zest and juice of ½ lemon**. Tip into a shallow baking tin or freezerproof container. Spoon **200g soft-set strawberry jam** all over the surface using a teaspoon, then gently swirl through the ice cream mixture using a skewer to create a rippled effect. Cover and freeze for at least 3 hrs. Serves 8.

Forest fruit trifle

Line a trifle dish with **1 madeira cake**, sliced, then spoon over **1 bag frozen forest fruits**, defrosted, along with some of the juices – sweeten first with a little sugar, if you like. Top with **custard**, **whipped cream** and spoonfuls of **raspberry or blackcurrant jam**. Serves 6.

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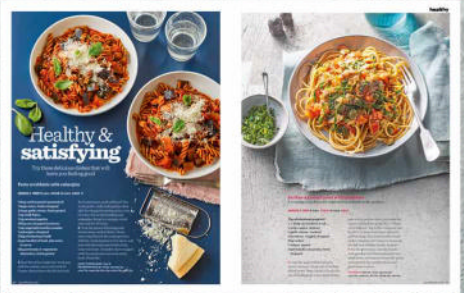

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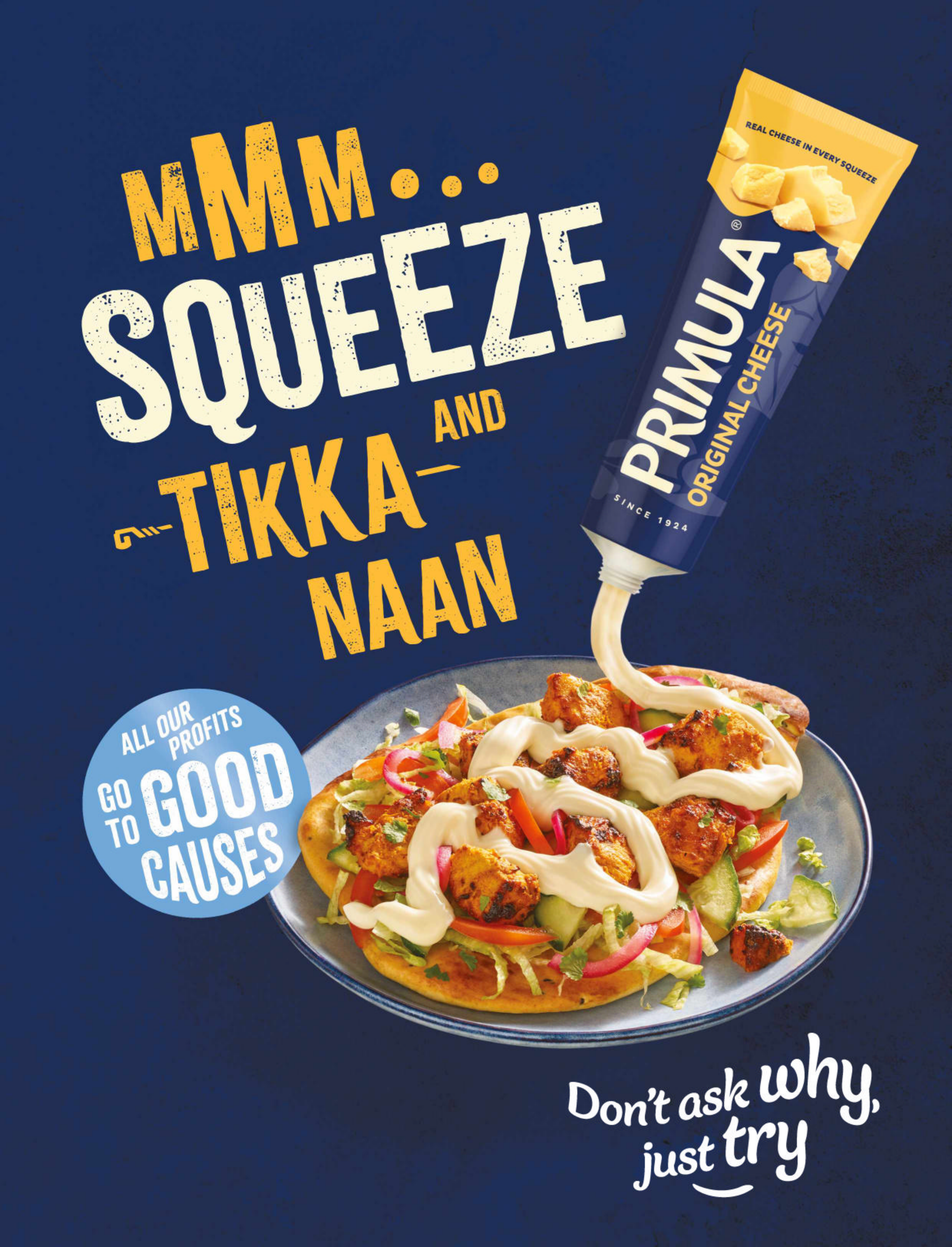
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